Sustainable Food Policy – 2019

Table of Contents
Introduction .............................................................................................................. 1
Policy Statement ................................................................................................. 1
Scope of the Policy ............................................................................................. 2
Roles & Responsibilities ..................................................................................... 2
Relationship with Existing Policies ................................................................. 3
Guidance for Implementation of the Policy ..................................................... 3
Main Targets ...................................................................................................... 3
1. Customer Engagement .................................................................................. 3
2. Fairtrade ........................................................................................................ 4
3. Fish ............................................................................................................... 4
4. Fruit and Vegetables ..................................................................................... 4
5. Meat ............................................................................................................. 4
6. Dairy ........................................................................................................... 5
7. Eggs ............................................................................................................. 5
8. Dry Grocery ................................................................................................. 5
9. Water .......................................................................................................... 5
10. Disposables ............................................................................................... 5
11. Cleaning Materials .................................................................................... 6
12. Waste ......................................................................................................... 6
13. Transport ................................................................................................... 6
14. Culture and Social .................................................................................... 6
15. Research ................................................................................................... 6
Target Setting .................................................................................................... 6
Contact Details ................................................................................................. 7
Glossary ............................................................................................................ 8

Introduction

This policy supports the principles identified in the University’s Sustainable Development Policy and Strategy and primarily concerns the provision and procurement of food at the University.

This document provides the policy framework through which food procurement will be delivered in a sustainable manner. The policy will be relevant to all the University’s Schools and Units and to all of the staff within them.

Policy Statement

When undertaking food procurement, the University of St Andrews is committed to supporting the local and regional economy in a manner that is environmentally sound, economically
viable, and socially responsible. These commitments are linked with the themes of the University Strategy 2018-23.

We aim to comply with the University Sustainable Development Policy 2012-22, through:

• Procuring and providing fresh, nutritious food which is reflective of local diversity.
• Reducing food miles, food waste and the carbon footprint of our food.
• Supporting ethical food certification standards, such as endorsing fairly traded food, the Fairtrade certification standards and the Marine Stewardship Council Certification as well as other ethical initiatives where possible.
• Shifting the ethos of procurement to one with social, economic and environmental agenda compatible with varied cultural identities.
• Demonstrate achievement of high catering standards for good value whilst striving for sustainable attributes (i.e. be an exemplar).

It is recognized that it is our responsibility to:

• Raise awareness of the sustainable food agenda and capacity for sustainable food consumption by staff and students.
• Work with and encourage our suppliers and contractors to minimize negative environmental and social effects associated with the products and services they provide.
• Comply with the guidelines identified in the People & Planet Green League in relation to food.
• Move towards using external food suppliers who have a clear sustainability policy of their own, specifically supporting local businesses in their drive towards sustainable practices.
• Recognise and celebrate the cultural diversity of our students through the food provided.

Scope of the Policy

1. This policy is focused on but not limited to provision and procurement of food at the University of St Andrews. It applies to all aspects of sustainable food, including:
   a. Procurement
   b. Provision
   c. Preparation
   d. Food waste and waste management
   e. Growing
   f. Education
   g. Climate change and carbon emissions
2. All suppliers will be expected to assist the University in meeting the sustainable food policy.

Roles & Responsibilities

1. The University has a responsibility to procure food in a sustainable manner in accordance with the Sustainable Development Policy and Strategy (particular reference to Chapter 6 ‘Living within our environmental limits’ and Chapter 7 ‘Promoting a healthy and just society).
2. The Director of Residential and Business Services through the Deputy Directors and Operations Managers has overall responsibility for the implementation of the policy within the University’s catering department. However different departments will have particular responsibility for managing aspects relevant to their department (see above) e.g. Procurement will have responsibility for 1a, etc.

3. Responsibility for application of the principles and practical delivery of this policy within Residential and Business Services lies with the Unit Managers and their teams.

4. Responsibility for application of the principles and practical delivery of this policy within the Schools and Units lies with the Head of School or Department.

5. Guidance and advice with regards to all aspects listed above will be provided by Estates Environment Team as required.

**Relationship with Existing Policies**

This Policy has been formulated within the context of the following University documents:

- University of St Andrews Strategy 2018-2023
- Residential and Business Services Food Safety Policy
- Sustainable Development Policy 2012-22
- Procurement Strategy
- Fairtrade Policy
- University of St Andrews Carbon Management Plan 2017-22
- Waste Policy

All of which are available from the University's Website.

**Guidance for Implementation of the Policy**

Estates Environment Team will advise on the current and shifting sustainability agenda affecting food procurement and provision. RBS will advise on the factors affecting food procurement through consultation and advice from APUC and TUCO¹.

**Main Targets²**

1. **Customer Engagement**

   **Annual and Ongoing**

   a. Proudly promote our sustainable food to customers, increasing awareness and sales

   b. Any changes to our sustainable food behaviour and practices will be communicated on an annual basis as a summary report with any landmark changes throughout the year communicated on an ‘as and when’ basis. The summary report will be produced by the Environment Team with input from RBS Catering Team. The Environment Team will be informed of landmark changes by RBS and will disseminate the information.

¹ APUC - [http://apuc-scot.ac.uk/](http://apuc-scot.ac.uk/)  TUCO - [http://www.tuco.ac.uk/](http://www.tuco.ac.uk/)

² For more details see the Sustainable Food Action Plan
2. Fairly Traded and Ethical Consumption

**Annual and Ongoing**

a. The University has been fairtrade-certified since 2007, with the certification re-examined and every two years. The next renewal is due in early 2020.
   
a. Purchase Fairtrade goods in the following categories: tea, coffee, sugar, hot chocolate, and bananas

b. Investigate all relevant food categories for Fairtrade alternatives and purchase those where possible.
   
a. Rice, herbs and species (i.e. Vanilla), quinoa, etc

3. Fish

**Annual**

a. All fish, offered in University premises, is Marine Conservation Society (MCS) certified. No fish from category 4 or 5, as classified by the MCS, is served within the University.

b. Annually evaluate the capture methods and species of tinned fish and purchase more sustainable alternatives, if relevant.

4. Fruit and Vegetables

**Ongoing**

a. Increase the sales of food from plant origin as an alternative to meat and dairy, focusing on the health, well-being and environmental benefits.

b. Promote and supply seasonal fruit and vegetables to customers, especially during the summer months.

c. Engage suppliers to measure the amount of local and seasonal fruit and vegetables and use to help with procurement decisions.

d. Increase proportion of vegetables (and fruit if possible) grown in Scotland.

e. Identify suppliers of local, organic, and seasonal produce, with the intent of increasing the percentage of this produce we purchase.

f. Look to increase the percentage of organic fruit and vegetables used.

g. Work towards increased opportunities for student or staff led food growing on University grounds to increase more widespread knowledge of food production and its environmental issues (alongside Transition University of St Andrews).
   
i. Use excess fruit and vegetables for selected catering events to showcase the produce produced by the community gardens.

**Short-Term**

h. Design bespoke vegan menus for direct catering.

5. Meat

**On-going**
a. Look to increase the amount of meat reared under systems with higher animal welfare. This is particularly relevant for chicken and pig meat. For example, look to source meat with accreditation standards such as Quality Meat Scotland Assurance Scheme.

b. Investigate ways of increasing higher welfare meat through cost neutral methods such as portion sizes and looking for value cuts, and review ways of increasing vegetarian meals where possible e.g. Green Week

c. Investigate ways of reducing the amount of meat used e.g. appropriate portion sizes and zero wastage.

6. Dairy

On-going

a. Investigate opportunities to use organic dairy products, including milk.

7. Eggs

Continuous

a. Only use locally sourced free range eggs (currently in place).

b. Promote the use of local free range eggs.

8. Dry Grocery

Continuous

a. Ensure the continuous sourcing of Fairtrade coffee, tea, hot chocolate, bananas and sugar.

b. Investigate purchasing organic and/or Fairtrade and fairly traded supplies of rice, pasta, flour, pulses, tinned products, juices.

c. Survey suppliers for the use of sustainable palm oil in products. Avoid buying goods that use non-sustainable palm oil at all costs.

9. Water

Continuous

a. Ensure tap water is available at every catering outlet

b. Keep selling reusable University branded water bottles in retail outlets

c. Minimise the use of plastic water bottles on campus by:
   i. Stop selling single use plastic water bottles at University cafes
   ii. Continuing to not provide single use plastic water bottles at catered events, instead providing water in glass bottles that are filled at a bottling site on campus.

10. Disposables

Continuous
a. Move all disposable products to recyclable and/or compostable alternatives where possible.
b. Measure and reduce the amount of disposables used.
c. Promote sale and use of ‘keep cups’ to reduce amount of takeaway disposables.
d. Investigate a charge on disposable coffee cups
e. Discontinue the use of plastic straws across campus

11. Cleaning Materials

On-going

a. Assess the impact of current cleaning materials on the environment and source less harmful alternatives and coordinate this with RBS Hall Managers. The responsibility of this action lies with Estates rather than RBS.

12. Waste

Short term

Compost all appropriate food waste.

Long term

Invest in a rocket composter for food waste produced in halls of residence and retail cafes.
Ensure continued recycling of all waste cooking oil.

13. Transport

Continuous

a. Seek to reduce the number of deliveries made to each site by suppliers and ascertain from suppliers the sustainable credentials of their fleet.

14. Culture and Social

On-going

a. Support culture of healthy eating with meal choices reflecting cultural diversity
b. Develop and maintain a partnership with groups and agencies within the University such as Transition, Vegetarian Society, Fine Food and Dining Society, and any other community-led groups.
c. Develop and maintain a partnership with the local food community within Fife.
d. Healthy Living Award should be in place in all catering outlets, including halls of residence (in place) and retail cafes.
e. Continue working towards the Sustainable Restaurant Award, for which we earned 2/3 stars for our 2018 application.

15. Research
On-going

a. Support research within the University by engaging with the Sustainable Development curriculum program, Living Labs and any other relevant student, staff or academic group.
   i. Work with other University Units and academics to help design Living Labs projects relating to sustainable food procurement, sustainable food strategy, and food waste

Target Setting

This policy will be reviewed every two years and more specific numerical targets should be added year on year in the accompanying Sustainable Food Action Plan to facilitate the continual provision and procurement of more sustainable food.

Next policy review due January 2020.

Contact Details

Alan Riddell
Deputy Director
Residential and Business Services
01334 467014
asr7@st-andrews.ac.uk

Environment Team
Estates
01334 463995
environment@st-andrews.ac.uk

Marianne MacKinnon
Deputy Director – Commercial
Residential and Business Services
01334 462521
mjd23@st-andrews.ac.uk
Glossary

- **Sustainable Food** - there is no legal definition of ‘sustainable food,’ although some aspects, such as the terms ‘organic’ or ‘Fairtrade,’ are clearly defined. Our definition is that sustainable food should be produced, processed and traded in ways that:
  > Contribute to thriving local economies and sustainable livelihoods
  > Protect the diversity of both plants and animals (and the welfare of farmed and wild species), to avoid damaging natural resources and climate change;
  > Provide social benefits, such as good quality food, safe and healthy products, and educational opportunities.\(^3\)

- **Local food** - there is no universal definition of local food, but it is generally considered to be food grown or produced, processed, traded and sold within a geographic radius of 30-50 miles.\(^4\)

- **Sustainable procurement** - sustainable procurement is partly about buying and sourcing green products but it’s also about ensuring energy and resource efficiency as well as long term cost effectiveness. For example:
  > Environmental concerns – e.g. energy emissions
  > Materials used in manufacture
  > Where a product is coming from and how long its lifecycle is
  > Ethical issues – e.g. whether organisations provide fair and safe working conditions for their staff
  > Saving costs measured across the whole lifecycle of a product.

- **Fairtrade** - is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. By requiring companies to pay sustainable prices (which must never fall lower than the market price), Fairtrade addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers.\(^5\)

- **Fairly traded** - this concerns companies/products which are not officially registered as Fairtrade by the certification standard but that do take into account their environmental and social impact.

---

\(^3\) From [https://www.sustainweb.org/sustainablefood/what_is_sustainable_food/](https://www.sustainweb.org/sustainablefood/what_is_sustainable_food/)

\(^4\) From [http://www.makinglocalfoodwork.co.uk/faqs.cfm](http://www.makinglocalfoodwork.co.uk/faqs.cfm)

\(^5\) From [http://www.fairtrade.org.uk/what_is_fairtrade](http://www.fairtrade.org.uk/what_is_fairtrade)