

HEALTH AND SUSTAINABLE FOOD POLICY 2011- 2012

1. The Institute of Education recognises its responsibility to provide healthy and sustainable food for its staff, students and visitors. We recognise that it is our responsibility to encourage our suppliers and contractors to minimise negative environmental, ethical and social effects associated with the products and services we provide. We will also strive to ensure that local and smaller suppliers are used in our food procurement. This policy applies to all our catering outlets, vending machines and food served for events.

2. The Institute's sustainable food vision is:

'To improve the health of its staff, students, visitors and the environment by increasing access to fresh, healthy food in the Institute. We will promote agricultural and fishing practices that are ecologically sound, economically viable and socially responsible, by the way we purchase food and procure catering services'

3. Our priorities are:

- To increase the availability and consumption of fresh fruits and vegetables.
- To purchase food that is free from pesticides, hormones and non-therapeutic antibiotics.
- To increase the proportion of food that is locally-sourced.
- To increase the sales of food from plant origin as an alternative to meat and dairy, focusing on health and the reduced impact to the environment.
- To use only free range eggs
- To use demonstrably sustainable fish wherever possible
- Any changes in our food purchasing policies and practices will minimize operational impacts, be economically viable and, whenever possible, be cost neutral.

4. To meet these priorities, the Institute's primary goal is to ensure that a minimum of 50% of our total food spend is spent on sustainable produce, defined as that which:

- Contributes to thriving local economies and sustainable livelihoods – both in the UK and, in the case of imported products, in producer countries;
- Protects the diversity of both plants and animals (and the welfare of farmed and wild species), and avoids damaging natural resources and contributing to climate change;
- Provides social benefits, such as good quality food, safe and healthy products, and educational opportunities.

(www.sustainweb.org/sustainablefood)

5. An action plan, setting out specific targets with dates and progress is available on the Institute's website on the Environmental and Sustainability page at <http://www.ioe.ac.uk/about/policiesProcedures/790.html>. The following areas of sustainable food practice are included:

- A minimum of 50% of food spend on sustainable produce
- All menus to reflect the season's produce (at least three major items per dish)
- 100% of fresh seasonal orchard fruits and 50% of fresh soft fruits purchased between August and March grown in Europe
- 100% of livestock produce to be Red Tractor farm assured
- Elimination of all fish which are on the Marine Conservation Society red list
- All fish on sale to be from the MCS 'fish to eat' list
- All water offered in hospitality to be filtered tap water, no purchased bottle water
- All egg products to be free range

Nutrition

6. The Institute is committed, in collaboration with our catering contractors, Sodexo, to ensure that we review our food offer in terms of nutritional quality and identify products and practices that can be changed to improve the nutritional value of the

food. This will include: controlling salt, fat and saturated fat levels, removing hydrogenated fat and other unnecessary additives from all food and ingredients, using healthier cooking oils and cooking methods, prioritising dishes containing a high proportion of whole grain foods, fruit and vegetables and limiting the provision and promotion of snacks that are high in fat, salt and/or sugar and actively promote healthier alternatives.

Meat and dairy

7. We are committed to ensuring that 100% of the livestock produce (meat and dairy) is Red Tractor assured.
8. We will monitor the frequency and portion size of the red meat and processed meats that are served to reduce their frequency of the menu.
9. We will monitor and reduce the amount of dairy produce that is served, replacing where possible with pulses, beans and other sources of protein that are not of animal origin and increasing the proportion of plant based foods, particularly wholegrain, fruit and vegetables.

Fish and seafood

10. We will eliminate any fish on the menu which are on the Marine Conservation Society's red list and promote only fish that is Marine Conservation Society's certified and maximise the use of fish on the Marine Conservation Society's 'fish to eat' list. We will work towards gaining Marine Stewardship Council chain of custody certification
11. All tinned tuna will be pole and line caught skipjack or yellow fin as a minimum. We will investigate purchasing Marine Stewardship Council certified tinned tuna.
12. We will promote fish and seafood to customers and make a public commitment to sustainable fish by supporting Sustainable Fish City.

Eggs

13. We will ensure that on an ongoing basis, all whole/liquid/dried eggs purchased are from a free-range production system and any products purchased containing egg state that the eggs are from a free-range production system.

Fruit and vegetables

14. We will ensure that all our menus reflect the seasons – at least three major items per dish will be served in the season it is naturally abundant.

15. Seasonal fruit will always be stocked in preference to non seasonal fruit. Recognising the importance of orchards to biodiversity, we will support the stocking of orchard fruit when it is in season and juice products all year.

16. We will ensure that 100% of fresh seasonal orchard fruits and 50% of fresh soft fruit purchased between the months of August and March are grown in Europe.

Water

17. No purchased bottled water will be offered by our hospitality service, only tap water in jugs or purified filtered tap water using re-usable glass bottles.

18. We will ensure that tap water and reusable or recyclable drinking vessels/drinking fountains are freely available to all our staff, students and visitors, choosing mains fed systems instead of bottled water systems.

Drinks in plastic bottles

19. Where drinks in plastic bottles are retailed, a 10p environmental surcharge will be added. This revenue will be used to enhance the Institute's biodiversity plan.

Fair trade

20. The Institute and its catering contractor, Sodexo are committed collaboratively to support, promote and use Fairtrade products, through the five goals of a Fairtrade University:

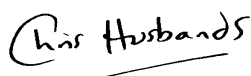
- The Institute will make available for sale as many fair-trade foods and drinks as is feasible in all catering and vending outlets. Where this may not be possible, through price or product availability, there is a commitment by both parties to begin to introduce Fairtrade products as soon as it becomes possible to do so.
- The Institute endorses only Fairtrade tea, coffee and sugar served by the Institute's hospitality service for all meetings and events hosted by the Institute and are committed to increasing the range of Fairtrade foods and drinks available as part of the hospitality offering as soon as it becomes possible to do so. Fairtrade biscuits and wines were introduced in 2007.
- The Institute will procure from a range of authenticated Fairtrade products for sale within the Lawton Room and to ensure that 50% of the merchandise available within the Level 4 vending machines is authenticated Fairtrade products.
- The Institute promotes awareness and the sale of Fairtrade products via articles and other appropriate materials to be included in student publications and on the website, the promotion of the Fairtrade mark in appropriate publications and Fairtrade materials displayed in the Lawton Room, level 3 catering, and the coffee shop.
- The process of achieving and maintaining Fairtrade status is coordinated by a Fairtrade Steering Group that includes representatives for the Student Union, the catering manager (Sodexo), the Head of Conferences and Catering, one academic member of staff and one professional member of staff. The group meets once a term to ensure that the action plan is implemented to achieve Fairtrade status and to oversee the range of products available through hospitality, the coffee shop and other catering outlets. The Steering Group will compile an annual report to be forwarded to the Fairtrade Foundation in fulfilment of the requirements for achieving the Institutes Fairtrade status,.

Recycled and disposable products

21. The Institute's outsourced catering provider Sodexo are required to:

- Collect and deposit all aluminium cans and plastic bottles into the bin on the service road on a daily basis. Located in the Lawton Room, the Students' Union and some classrooms are designated bins (colour coded orange) into which aluminium food and drink cans and plastic bottles can be deposited by staff and students.
- Collect and deposit all glass items into the applicable glass recycling bins on a daily basis. Located on the ground floor at Emerald Street, the Lawton Room, Level 1 hospitality kitchen and Students' Union at the Institute's Bedford Way premises are designated bins (colour coded green, brown and white) into which green, brown and clear glass items are deposited.
- Set aside in appropriate containers all used cooking oil from their respective operations and place these within the designated cages provided on the service road (adjacent Core B). Used cooking oil is collected monthly. The oil collected is processed to make bio-diesel.
- Procure all pre-packaged foods i.e. sandwiches and containers for salads etc. from suppliers that use 100% biodegradable packaging.
- Consider when staff uniforms require replacement the resourcing and providing of Fair-trade cotton uniforms.

Signed



Professor Chris Husbands

Director, Institute of Education

7 March 2011