Sustainable food guidelines for CISL Staff:

When choosing menus, choose **locally sourced, seasonally available** ingredients whenever possible.  
**Why?** To sustain the local economy and reduce environmental impacts by **minimising energy used in food production, transport and storage.**

Choose **vegetarian options** when possible; **encourage opting in rather than out to meat**, on registration forms.  
**Why?** A vegetarian diet dramatically **reduces the amount of land, water, and oil resources** that we consume and the amount of pollution caused.

Please avoid beef, since it is the **least sustainable meat** - its production has high carbon emissions and water usage and is linked to deforestation.  
✔️ Chicken, duck, guinea fowl, pheasant  
❌ Beef, rare meats  
**Why?** Hierarchy of resource use: more water and energy used in some meat than others (beef>chicken)

If choosing meat, ensure it is produced to **high environmental and animal welfare standards** e.g. Red Tractor Assured, is as **locally sourced as possible.**

When choosing wine:  
✔️ ‘Old world’ wines/close to the UK e.g. French, Italian  
❌ ‘New world’ wines/far-away e.g. Australian, south American  
**Why?** To reduce the environmental impacts of transportation.

Reduce the amount of dairy and eggs, as well as ensuring that ones you choose are produced to **high environmental and animal welfare standards** e.g. Free range, Red Tractor Assured.  
**Why?** Supports more humane farming and **minimises harm.**

If choosing fish, ensure it is from sustainable sources e.g. accredited by the **Marine Stewardship Council.**  
**Why?** Reduces overfishing.

Choose **FairTrade** products whenever possible.  
**Why?** To ensure a **fair deal for disadvantaged producers.**

Avoid bottled water and **choose tap water.**  
**Why?** To **minimise transport and packaging waste.**

Wherever possible ensure fruit is provided as an alternative to sweet desserts.  
**Why?** Supports a **healthier lifestyle.**

When choosing fruit, do not choose tropical fruit.  
**Why?** To reduce the environmental impacts of transportation.

Plan food requirements carefully to avoid unnecessary waste.  
Avoid individually packaged **food/drink items** and **disposable** crockery, glassware and cutlery  
**Why?** To **reduce packaging and waste.**

If products contain **palm oil and soy**, check these ingredients are **sustainable.**  
**Why?** The palm oil industry is linked to **deforestation, habitat degradation, climate change, animal cruelty** and **indigenous rights abuses.** The expansion of soybean plantations is leading to deforestation contributing to **climate change, threatening biodiversity and endangering the livelihoods of local people.**

Choose a venue interested in sustainable food, and tell them that’s why you chose them so they keep up the good work!