

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!