

Sustainable Food Policy

In line with our sustainable development, corporate social responsibility and Fairtrade policies, Middlesex University recognises that it has a responsibility to provide and promote sustainable and healthy food to its staff, students and visitors. We exercise considerable influence on the choices our customers make and on the supply chain through our procurement systems, contracts and business partnerships.

We will work in partnership with our catering providers to incorporate environmental and social considerations into our purchasing choices. This will support the aims listed below and enable us to deliver continual improvement to the food choices and services we offer.

Specifically, we aim to:

- Ensure that sustainability criteria are included in specifications to suppliers and the awarding of contracts,
- Give preference to packaging, products and services that are manufactured, and can be used and disposed of, in an environmentally and socially responsible way,
- Ensure that catering providers meet the requirements of our sustainable development policy, in particular, those aims around energy, water, waste reduction and the creation of a formal EMS,
- Enhance catering staff awareness of relevant environmental and social effects of purchases through appropriate training, via induction programs and in continuing professional development,
- Ensure that all catering staff and those involved in managing the catering contracts are trained in food sustainability and as a minimum aware of the various certification systems that Middlesex uses (e.g. Fairtrade, Food for Life, Red Tractor, MSC)
- Ensure that internal purchasers regularly audit their consumption of goods and materials in order to increase and maintain usage of sustainable products,
- Enhance customers awareness (staff, students and visitors) of the increased choices available to them for sustainable, Fairtrade and healthy food choices,
- Ensure non-discrimination against smaller suppliers and encourage them to participate in tendering opportunities,
- Review the requirements for the Soil Association's 'Food for Life' accreditation against our current catering provision with aim to achieving bronze certification and identifying opportunities for achieving silver or gold for key outlets.
- Develop clear time bound targets and key performance indicators for measuring our performance
- Review this policy annually and communicate to all stakeholders progress in meeting our aims

Signed.....

Andrew Dickie, Director, Estate & Facilities Management Services, Middlesex University

Signed.....

Jo Walton, Regional Manager, Chartwells (part of the Compass Group)

In relation to the University's specific Sustainable Food objectives, we aim to achieve the objectives outlined on page 2 by July 2016 (or as stated):-

Key Objectives for Sustainable Food Policy

| Food For Life (Bronze Certification) | Target Date | Date achieved |
|---|-------------|---------------|
| We will identify catering outlets at Hendon that can achieve the Food For Life standard and achieve certification to this level | Aug 2015 | |

| Increasing seasonal fruit and vegetables | Target Date | Date achieved |
|---|-------------|---------------|
| All menus will reflect the seasons – at least three major items per dish will be served in the season it is naturally abundant in this country. | Dec 2014 | |
| Seasonal fruit will always be stocked in preference to out of season fruit | Dec 2014 | |
| Recognising the importance of orchards to biodiversity we stock orchard fruit when in season and juice products all year | Dec 2014 | |
| All fruit will be UK Grade 1 or 2 local grown in the UK (where available) and seasonal. | Dec 2014 | |
| Where products are not available from the UK they will be fully traceable and meet other recognised certifications, such as Fairtrade | July 2014 | |
| We will review the amount of fruit and vegetables we purchase under Natural England's Entry and Higher Level Stewardship programmes, LEAF-Marque certification and Organic certification, and aim to increase the proportion of such produce over time. | May 2016 | |

| Reducing meat & dairy consumption | Target Date | Date achieved |
|--|-------------|---------------|
| We are committed to ensuring that 100% of the livestock produce (meat and dairy) meets the Red Tractor Assured standards as a minimum. | July 2015 | |
| Where we can reduce consumption of livestock produce we will improve sustainable rearing practices i.e. a 'Less but better' quality approach. | July 2015 | |
| As a minimum 50% of the meat purchased will be higher welfare ¹ . This amount will increase by 25% per year until 100% of the meat purchased is higher welfare | July 2016 | |
| We will have monitored and considered how we reduce the amount of dairy, meat and processed meats that are served, replacing this where necessary with pulses, beans and other sources of protein that are not of animal origin and increasing the proportion of plant based foods and options, particularly whole grains, fruit and vegetables. | July 2016 | |
| We will promote healthy eating dishes with reduced meat, leaner meat and/or meat replacement and vegetarian options | Dec 2014 | |

| Purchase/sale of Free Range Eggs | Target date | Date achieved |
|--|--------------------|----------------------|
| We will ensure that all whole / liquid / dried eggs purchased are from, at minimum, a free-range production system and any products purchased containing egg state that the eggs are from a free-range production system | Dec 2014 | |

| Sustainable Fish | Target Date | Date achieved |
|---|--------------------|----------------------|
| We will eliminate any fish on the menu which are on the Marine Conservation Society's red list and promote only fish that is on the Marine Conservation Society's 'fish to eat' list | Dec 2014 | |
| Marine Stewardship Council chain of custody certification for the caterer is a minimum requirement | July 2015 | |
| Our preference for tinned tuna will be pole and line caught or MSC certified. We will not use tinned tuna where the tuna has been caught using purse seine nets with Fish Aggregation Devices (FADS). | Dec 2014 | |

| Fairtrade | Target Date | Date achieved |
|--|--------------------|------------------------------------|
| Continue to support and ensure Middlesex retains its status as Fairtrade University | N/A | MU has Fairtrade Status since 2011 |
| Identify additional opportunities to increase the variety of Fairtrade product lines | Dec 2014 | |

| Water | Target Date | Date achieved |
|--|--------------------|----------------------|
| Purchased bottled water no longer offered for hospitality services and will use either tap water in jugs, or purified still and sparkling tap water, bottled, using re-usable glass bottles in our hospitality | Dec 2014 | |
| Water fountains with mains fed filtered tap water will be provided for visitors and installed in all staff kitchens as standard | N/A | Already achieved |

| Health eating and nutrition | Target Date | Date achieved |
|--|--------------------|----------------------|
| <p>Review all menus for nutritional quality of food and aim to include dishes with:-</p> <ul style="list-style-type: none"> → reduced salt, fat and saturated fat levels in line with the Department of Health guidelines → removing hydrogenated fat and other unnecessary additives from all food and ingredients; using healthier cooking oils and cooking methods → promoting dishes containing a high proportion of wholegrain foods, fruit and vegetables | Dec 2014 | |

| Reducing food waste | Target Date | Date achieved |
|--|--------------------|----------------------|
| Review food preparation practices to reduce food waste (include supply chain, ordering methods, stock taking, and reviewing menus) | N/A | |
| Segregate and recover food waste from the general waste stream in partnership with Middlesex and its waste contractor | Sept 2014 | September 2014 |

| Reducing Energy, water and waste | Target Date | Date achieved |
|--|--------------------|----------------------|
| Maintain a management system to reduce environmental impacts (ISO 14001) | N/A | Already achieved |
| Identify and implement energy saving measures in the catering areas | Dec 2015 | |
| Identify and implement water saving measures in the catering areas | Dec 2015 | |
| Identify waste reduction, especially packaging, in the catering areas | Dec 2015 | |