

Healthy, Safe, and Sustainable Food Policy 2023

The University is a large organisation with over 3,200 staff and 30,000 students throughout its Preston, Burnley and Westlakes campuses. We recognise that our activities can have both positive and negative impacts on people, places, and the planet. Procurement and provision of food and catering services across the University estate constitutes a significant part of our daily activities. We have therefore committed to implementing this healthy, safe, and sustainable food policy, to ensure all our catering operations, activities and services support a healthy and sustainable campus, in alignment with Priority 6 of the University's Strategic Plan. Our aim is to role model and advocate for healthy, safe, and sustainable food by embedding our commitment into everyday policy and practice throughout the institution. To achieve our vision, we will:

- 1. Meet or exceed legislation and requirements applicable to the provision of healthy, safe, and sustainable food. The University currently holds a 5 Food Hygiene rating across all areas of Catering.**
- 2. Increase understanding and knowledge about food, through research and teaching and stakeholder engagement, and through the communication of existing good practice across the university.**
- 3. Ensure that the University continually improves the amount of fresh, healthier, safe, and sustainably sourced food in its refectories and catering outlets, adhering to the following key principles:**

Procurement

- Increase and maintain the proportion of ingredients sourced locally.
- Continue to work with purchasing consortia to increase the supply chain options available to universities in relation to healthier and sustainable food and support local suppliers. Prioritise local supply networks where possible for the procurement of goods purchased for catering operations.
- Embed sustainability within tenders and contracts with external contractors, in line with the University Responsible Procurement Code.

Cooking methods and Menus

- Maximise the use of seasonable vegetables, fruit, salads, fish & meat on menus.
- Continue to prioritise making freshly prepared food.
- Continually review menus to ensure healthy options are available and food waste is reduced.
- Annually review preparation/cooking methods, to support provision of healthier dishes.
- Increase the use of lower fat, lower salt, and lower sugar ingredients, where appropriate.

Sustainable

- Maintain the provision of meat free and therefore lower carbon alternatives, by offering a vegan and vegetarian dish in our refectories each day.
- Expand the provision of alternatives to bottled water as used in hospitality services. Explore the possibility of canned water.

- Remove all non-Marine Stewardship Council (MSC) fish from catering services.
- Continue to ensure food waste is kept to a minimum, expand the segregation of food waste recycling, and continue to work with contractors who dispose of food waste by turning it into gas.
- Continue with external waste contracts to use waste cooking oil as biodiesel.
- Continue to review the food miles of suppliers by using local suppliers and reducing supplier visits to campus.
- Continue to recycle all other waste wherever possible which is generated from catering operations.
- Review materials choices for products and produce an associated action plan to minimise plastic waste and carbon impacts.
- Ensure our usage of energy and water is as efficient as possible to reduce unnecessary wastage and contribute towards reducing the University carbon footprint.
- Include carbon footprint information on menus and commit to setting a target to reduce emissions.
- Embed sustainability within tenders and contracts with external contractors.

Rainforest Alliance

- Continue to ensure all coffee sold is rainforest alliance.

Ethical Trading

- Continue to purchase all fresh eggs from a farm with CIWF good awards and ensure all dairy products have the good dairy award. Ensure all eggs made in pre-bought sandwiches are free range, all packaging bought by the university is compostable and work towards only using chemicals that have low environmental impacts.


Information and Training

- Improve consumer information through clear and consistent food labelling and nutritional and provenance information including reference to all allergens.
- Continue to run awareness campaigns to promote the benefits of healthier eating, food safety and sustainable food through taught courses.
- Continue to implement the training matrix to ensure all catering and hospitality staff are adequately trained in the provision of safe, healthier, and sustainable food.

Priority 6 of our Strategic Plan sets out a series of principles supporting the implementation of this policy. Professional and academic colleagues, students, and external partners are required to work with operational and academic staff and the Students' Union to support the delivery of this work.

Signed:

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Ruth Connor,
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