

GIVE A FORK! AT WORK

10 ways to reduce your business' eco-footprint



1

START A KITCHEN GARDEN

Growing your own food **reduces your food miles** and CO² emissions. It also helps to create green space, fosters better understanding of what it takes to grow food and provides access to seasonal produce.



2

REDUCE WASTE & START COMPOSTING

Australian businesses throw away more than **1 million tonnes of food every year**.¹ If you're a food service operator, the **Wise Up on Waste**² toolkit can help prevent food waste while reducing costs and improving sustainability. Secondly, you can separate organic waste and arrange a collection service so that you divert it from landfill.



3

AVOID PACKAGING, BUY IN BULK

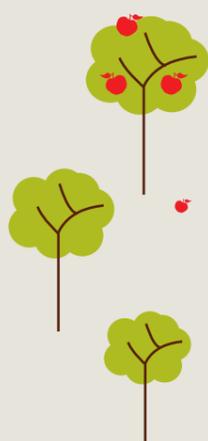
Every piece of plastic we've ever used is still on the planet today and **50% of it is used just once**.

Work with suppliers to reduce packaging by requesting that produce be delivered in reusable or returnable containers, free from plastic wrapping.

Stop serving straws with every drink

Swap disposable napkins for cloth ones

Ditch single serve sauce, butter, soy sauce, salt, pepper, you name it!



4

DONATE LEFTOVER FOOD

Donate leftover food to a Food Rescue Charity or contact Yume App for creative solutions to addressing food waste

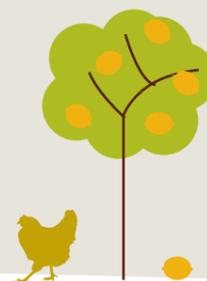
theyumeapp.com



5

BUY CHEMICAL FREE, ORGANIC OR BIODYNAMIC

Organic and biodynamic farming methods improve soil health and reduce reliance on fossil fuels as no synthetic chemicals or pesticides are used.



7

INCREASE VEGETARIAN AND DAIRY-FREE OPTIONS ON THE MENU

The impact livestock production has on climate change has been estimated by the UN Food and Agriculture Organisation at 18% of human-caused global greenhouse gas emissions. More meat and dairy free options on the menu can help reduce Australia's greenhouse gas emissions and provide customers with more choice. Promoting **meat-free Mondays** is another initiative which can reduce emissions.

6

BUY LOCAL & SEASONAL

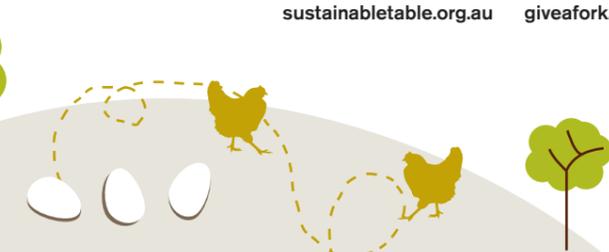
Support local farmers either directly or through your supplier. This supports biodiversity, reduces your carbon footprint, supports regional communities and educates your customers on seasonal eating.



8

CHOOSE FREE RANGE PORK, CHICKEN & EGGS

Sustainably managed free range or organic farms are able to reduce or better manage the environmental impacts of farming by following a number of ecological practices such as appropriate animal stocking densities and integrated farming. Choose free range or organic and help support environmentally-sound and more humane farming systems⁵.



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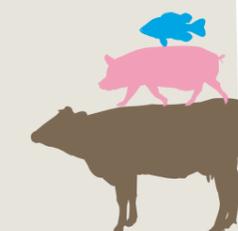
CHOOSE SUSTAINABLY FARMED MEAT & DAIRY & SUSTAINABLE SEAFOOD

Sustainable meat and dairy farms employ good environmental practices such as animal rotation, pasture feeding (as opposed to grain feeding), water recycling and management, composting, tree planting and soil health practices, and use fewer non-renewable resources. Ask questions of your supplier and use the guides on the Sustainable Table (sustainabletable.org.au) or Local Harvest (localharvest.org.au) websites to find sustainably farmed meat and dairy close to you.

Three quarters of the world's oceans are officially over-exploited or fished right to their limit. Two great resources for choosing sustainable seafood are:

sustainableseafood.org.au

goodfishbadfish.com.au



10

DEVELOP RELATIONSHIPS & ASK QUESTIONS

Asking questions of your produce suppliers and decision makers is an important step in promoting positive change. Your requests demonstrate demand for sustainable food and **encourage changes** in the supply chain.



1. The National Waste Report, http://www.ephc.gov.au/sites/default/files/WasteMgt_Nat_Waste_Report_FINAL_20_FullReport_201005_0.pdf, viewed 23/1/2013
2. 'Wise Up on Waste' toolkit by Unilever Food Solutions, available via the FoodWise website <http://foodwise.com.au/food-waste/business-food-waste/the-wise-up-on-waste-toolkit-for-foodservice-operators/>

5. CSIRO, Greenhouse gases in Australian agriculture: understanding the role of soils, forests and livestock methane, 2012, http://www.csiro.au/Outcomes/Climate/Reducing-GHG/Carbon-Australian-agriculture_CLLaspx, viewed 22/01/2013

6 Visit Sustainable Table's free range egg and chicken guide for more info: <http://www.sustainabletable.org.au/Hungryforinfo/Freerangeeggandchickenguide/tabid/113/Default.aspx>