

Ten Actions for Non-Food Businesses



Purchasing and providing food has an environmental, social, and economic impact. Understanding the costs and benefits of the decisions your organisation makes about food will help you prioritise changes, cut costs, improve staff wellbeing, and minimise your impact on the environment. Our list of actions will help you get started.

- 1. Choose Fairtrade** - Make sure that tea, coffee, sugar, chocolate, dried fruits, and nuts in your workplace and the venues you hire are Fairtrade-certified.
- 2. Reduce the amount of meat in your canteens and catering** - The production of meat and dairy produces gases that contribute to climate change. Organisations around the world are reducing their carbon impact by taking part in Meat Free Mondays. Find out more at <http://www.meatfreemondays.com/getinvolved/>
- 3. Think about animal welfare** - Healthy, happy animals produce more nutritious meat and dairy. Make sure to ask your catering team for free-range meat, eggs and dairy produce.
- 4. Eat with the seasons** - Ask your suppliers and caterers to provide locally grown, seasonal fruit and vegetables. It's a good choice for the environment, for health, and for your local farmer.
- 5. Say No Thanks to Bottled Water** - Bottling water uses lots of energy because it has to be processed, packaged, and transported. Water from the tap or mains plumbed filter tap is safe and it will reduce your catering bill as well as your environmental impact. Use tap water in jugs at meetings and ask your caterers to provide the same.



6.

Reduce access to unhealthy processed foods in canteens and vending machines - Avoid mid-morning hunger and post-lunch energy dips by encouraging your staff to drink plenty of water and eat healthy snacks, like fruit and nuts, throughout the day. Reduce the availability of unhealthy food in staff canteens and workplace vending machines and show your staff that you value their health.

7.

Create a growing space for staff - Spending time in natural, green spaces is good for wellbeing and positive mental functioning. Creating a staff garden may help reduce workplace stress and increase productivity and will encourage staff to take a break from their desks and get some fresh air. They may even decide to grow some fruit and veg.

8.

Recycle everything, including food waste - Most offices already recycle their paper waste but food wrappers, tea bags and lunch leftovers can all be recycled or composted too. Cardiff Council offers a recycling service for businesses, which includes a weekly food waste collection.

9.

Enable staff to volunteer at a local food project - Align your Food Cardiff pledge with your Corporate Social Responsibility or Sustainability Strategy and encourage staff to volunteer at a local food project. You'll be showing your community that you care and your staff will be developing new skills and confidence.

10.

Get staff involved in developing an ethical food policy, and encourage them to develop Food Action Teams to support your organisation's vision - People support what they create. Get your staff on board by asking them to contribute to your sustainability vision. Encourage them to develop ideas to support your Food Pledge. Annual awards can be a great way to reward people's ideas and effort, and can be very motivating.

