



Cardiff
Metropolitan
University

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Sustainable Food Policy

POLICY COVERSHEET

Key Details

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POLICY OWNER (JOB TITLE)	<i>Catering & Hospitality Service Manager</i>
UNIT / SERVICE	<i>Environment, Estates and Sustainability</i>
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Version Control

VERSION	DATE	REASON FOR CHANGE
<i>1.0</i>	<i>September 2020</i>	<i>First version</i>
<i>1.1</i>	<i>May 2025</i>	<i>Review and inclusion of SDG's, new template format</i>

Policy Hub

For further information on policies:

- 1 You can go to the Secretariat pages on InSite at <https://outlookuwicac.sharepoint.com/sites/Secretariat>;
- 2 You can go to the Policy Hub at cardiffmet.ac.uk/about/policyhub; or
- 3 Contact policies@cardiffmet.ac.uk.

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Sustainable Food Policy

1 Introduction

1.1 Purpose

The University Catering & Hospitality Service recognises its responsibility to carry out its procurement activities in an environmentally and socially responsible manner, whilst also encouraging healthy and sustainable food production and consumption.

We will encourage suppliers to minimise the negative environmental and social effects associated with their production and supply chain, and ensure, through active encouragement, that local and smaller suppliers are not discriminated against in the procurement process and tender opportunities.

1.2 Scope

This policy document forms part of the University's overall Environment and Sustainability Policy and Sustainability Strategy. It provides a framework within which the University will increasingly seek to provide healthy, local and sustainable food and commodities to its customers.

This policy will apply to all food and beverages managed and produced by the University's Catering and Hospitality Service.

We are committed to embedding the relevant goals into our business and academic process, as indicated Sustainable Development Goal numbers 2; 3; 6; 11; 12; 13; 14; and 15.



1.3 Definitions

SRA – Sustainable Restaurant Association - The SRA connects businesses around the world to accelerate change towards a hospitality sector that is socially progressive and environmentally restorative. This is via the world's largest sustainability certification tailored for the sector: Food Made Good. Cardiff Met have been accredited since 2016, in June 2024 with 3 gold stars 88%.

Sustainable Development Goals SDG's - The Sustainable Development Goals (SDGs) are a set of 17 goals that were established in 2015 by the United Nations (UN). The goals are intended to create a more sustainable and equitable world by addressing global challenges.

ISO 14001 The University activities have an impact on the environment, and we are committed to continual improvement of our Environmental Management System (EMS) and to exceed the requirements of ISO 14001. This is supported by the publication and reporting of smart objectives and priorities to deliver the EMS, Sustainability Strategy and Carbon Management Plan with sustainability themed policies.

2 Policy objectives

2.1 Fairtrade

- 2.1.1 To support the University to maintain its Fairtrade status, by fully committing to re-accreditation through the Fairtrade University criteria set out by the Fairtrade foundation. This will be achieved by supporting the University's Fairtrade Policy and SMART action plan.
- 2.1.2 To actively support the Fairtrade fortnight and any nationwide campaigns to help raise awareness.
- 2.1.3 Identify opportunities to increase our Fairtrade product range and point of sale information and Fairtrade event and awareness support on Campus.

2.2 Waste and Recycling

- 2.2.1 The service aims to support the University's set targets for the reduction of food waste with WRAP.
- 2.2.2 The service will continue to utilise the University's waste and recycling channels to minimise the amount of waste.
- 2.2.3 Promote food waste segregation and collection across all catering outlets and other kitchen areas throughout the University.
- 2.2.4 Continue to recycle all waste oil via a registered contractor for conversion to biodiesel.
- 2.2.5 Reduce the amount packaging used in both retail and hospitality services.

2.3 Disposables

- 2.3.1 We will seek to reduce the use of disposal drinking cups used in the service.
- 2.3.2 Review the disposable items used in delivered hospitality and the retail operation to reduce the number of items used.
- 2.3.3 Look to reduce the use of non-biodegradable food packaging used in both retail and hospitality services.
- 2.3.4 Promote the use of Cardiff Met's reusable mug and eco to go food box ranges food containers and any other reusable product to reduce the amount of packaging.

- 2.3.5 Promote the use of Chilly bottles and free water vending on campus to reduce the amount of plastic used on campus.

2.4 Procurement

- 2.4.1 The majority of our suppliers are nominated and regulated through our membership of TUCO (The University Caterers Organisation), and the Welsh Procurement Services.
- 2.4.2 Catering & Hospitality will adhere to the aims and objectives set out in their respective sustainability policy and framework agreements.
- 2.4.3 We will support the work of the (Cardiff) Sustainable Food Cities Network and seek to increase the number of supply agreements with locally based companies and place particular emphasis on locally sourced fresh ingredients.

2.5 Meat & Poultry

- 2.5.1 Ensure all meat purchased are sourced from local butchers, with appropriate accreditation, and full traceability of all meat sourced from suppliers.
- 2.5.2 Use poultry that is Red Tractor Assured or equivalent as a minimum standard.
- 2.5.3 When appropriate and required, certified Halal meat will be used.

2.6 Vegetarian & Vegan options

- 2.6.1 Offer a daily selection of hot and cold vegan and vegetarian products at each catering venue on campus
- 2.6.2 Have vegan and vegetarian options as an integral part of core of the daily menu range.
- 2.6.3 Support and champion vegan promotions throughout the year.
- 2.6.4 Investigate the feasibility of a vegan hot food only outlet on Campus as part of a student Real world project.

2.7 Free Range Eggs

- 2.7.1 Use eggs purchased will be from a free-range production system and sourced from a local supplier.
- 2.7.2 Promote the use of free-range eggs

2.8 Dairy

- 2.8.1 Only purchase milk from local Welsh producers/suppliers that is bottled and farmed in Wales.
- 2.8.2 Offer healthier milk alternatives in all catering venues on campus
- 2.8.3 Offer various non-dairy milk substitutes through all catering venues on campus.

2.9 Fish

- 2.9.1 Avoid the use of fish as listed on the Marine Conservation Society's "fish to avoid list"

- 2.9.2 Become a signatory of the Sustainable Fish Cities pledge and aim to serve only Marine Stewardship Council (MSC) certified fresh fish, and the promotion of fish on the MSC's 'fish to eat' list.

2.10 Fruit and Vegetables

- 2.10.1 Wherever possible our menus will use seasonal produce grown in the UK and locally grown produce when in season.
- 2.10.2 Promote seasonal and local produce via an annual promotional calendar. (e.g. Welcome to Wales Food Week)
- 2.10.3 Ensure fresh fruit is available in all catering units each day
- 2.10.4 Run a free fruit promotion throughout the year encouraging both staff and students to eat more healthily.

2.11 Water and Beverages

- 2.11.1 Reduce the use of bottled water for hospitality by incorporation of a water glass bottling system.
- 2.11.2 We promote the availability of free, chilled water on site for staff, students and the community from the free water vending machines. In partnership with Refill by having the free water vending machines promoted on their app on a map for people to find their closest Refill point within the city. The free water vending machine's locations are also included on the University maps and on the University app.

2.12 Allergens

- 2.12.1 Ingredients within the hot food offer and salad bar are displayed on a menu or within the allergen matrix form

3 Engagement

3.1 Health & Wellbeing

- 3.1.1 Continue to develop its healthy eating range of products 'Eatwell' and ensure that all daily menus include an option from this range.
- 3.1.2 Adopt cooking methods that reduce the use of salt, fat, oil and artificial additives and preservatives in its menus.
- 3.1.3 Provide menu information that includes nutritional and dietary information, so customers are able to identify the healthier choice.
- 3.1.4 Support a culture of healthy eating with meal choices reflecting cultural diversity.
- 3.1.5 Ensure healthier options will be available and promoted in all corporate hospitality menus.
- 3.1.6 Offer a daily vegan hot main course in the two main food courts on campus.
- 3.1.7 Support the Pea's Please campaign to encourage the consumption of more vegetables in our diet.
- 3.1.8 Actively support the Veg Power campaign to raise awareness of vegetables and a healthier diet.

3.2 Sustainable Food Projects

- 3.2.1 Continue to support the University Community Garden and student Enactus Orchard project.
- 3.2.2 Continue to support the Real-World projects with Health Science students for the design and implementation of new menu options.
- 3.2.3 Identify and support new Real-World projects related to food.
- 3.2.4 Continue to support the delivery of promotional and awareness events based on sustainable food campaigns and projects.

3.3 Cost of Living support

- 3.3.1 Continue to deliver a range of cost-of-living items working with the Students' Union

4 Roles and Responsibilities

4.1 Commitment and Communications

- 4.1.1 Apply the Sustainable Food Policy across all the University catering outlets and support the delivery through relevant staff training and development.
- 4.1.2 Ensure this Policy is fully reflected in all catering tenders and contracts.
- 4.1.3 Actively seek to engage with all stakeholders and customers in the continued development of this area of work.
- 4.1.4 Will actively communicate and promote all sustainable good practice to both staff and students on campus.

4.2 Monitoring and Evaluation

- 4.2.1 The policy will be monitored and evaluated annually and reports produced containing the following:
- 4.2.2 Sales mix Analysis of healthy options as percentage of sales.
- 4.2.3 Customer feedback from promotional events.

5 Related Policies and Procedures

- 5.1 This policy may be read in conjunction with:
 - 5.1.2 Sustainability Strategy
 - 5.1.3 Sustainability Engagement Strategy
 - 5.1.4 Environment & Sustainability Policy
 - 5.1.5 Fairtrade Policy
 - 5.1.6 Sustainable Seafood Policy
 - 5.1.7 Water Management Policy

6 Review and Approval

The Policy will be reviewed bi-annually by the Catering & Hospitality management team and by the Climate Action Working Group and reported to the Environment, Estates and Sustainability Committee.

The University will continually encourage members of the University staff and student community and other relevant stakeholders to engage with the Sustainable Food Policy in focus groups and by posting the policy on the University webpages with the appropriate contact details.