

GCU Sustainable Food Policy – Implementation Plan

GCU Sustainable Food Policy – Implementation Plan Change Log

| Date | Changes |
|------------|--|
| 21/5/2024 | Added two measures to encourage carbon footprinting of the catering offer. Progress section update (changes since last update highlighted grey). |
| 6/6/2023 | Progress section update (changes since last update highlighted grey). |
| 19/11/2018 | Progress section updated. |
| 20/11/2019 | Progress section updated. |
| 6/7/2022 | Progress section updated. TEST TEST 2 |

| Policy Commitment | Priority Area | Measure & Action | Sustainability Risk, Impact or Opportunity | Monitoring Criteria | Date & Status. |
|--|-------------------------------|---|--|---|-------------------------------------|
| Only work with suppliers and supply chains that meet UK food safety standards. | [1] Healthy | [1.1] suppliers meet food safety standards | Essential requirement. Food from suppliers that do not meet UK food safety standards are potentially a risk to public health. | SA FfL-SH (bronze) 1.11 (based on catering contractors' procedures) | SA FfL-SH (bronze) awarded FF27549. |
| Ensure that catering staff have the skills and knowledge to prepare menus that are: <ul style="list-style-type: none"> Freshly prepared Avoid the use of undesirable additives and artificial trans fats Aligned with Eatwell Guidelines Support the Scottish Dietary Goals. | [1] Healthy | [1.2] Menus aligned with Eatwell Guidance (i.e. balanced meals) | Improve Scotland's diet. | Benchmarking exercises (student projects - SHLS) | Project Opportunity not identified. |
| As above. | [1] Healthy | [1.3] Food offering supports Scottish Dietary Goals | Improve Scotland's diet. | Benchmarking exercises (student projects - SHLS) | Project Opportunity not identified |
| As above. | [1] Healthy | [1.4] Majority (>75%) of dishes on menu are freshly prepared. | Improve Scotland's diet. | SA FfL-SH (bronze)1.1 | SA FfL-SH (bronze) awarded FF27549. |
| As above. | [1] Healthy | [1.5] No undesirable additives or artificial trans fats are used. | Improve Scotland's diet. | SA FfL-SH (bronze) 1.5 | SA FfL-SH (bronze) awarded FF27549. |
| As above. | [1] Healthy | [1.6] Staff trained in fresh food preparation & FfL-SH | Improve Scotland's diet. | SA FfL-SH (bronze)1.12 | SA FfL-SH (bronze) awarded FF27549. |
| Offer affordable meals that contribute to positive health outcomes whilst minimizing environment impacts throughout their supply chain. | [1] + [2] Healthy & Inclusive | [2.1] Competitively and affordably priced meals. | Affordability will not be a barrier to a health meal for anyone that wants/needs to eat at the University. | Benchmarking exercises (student projects) | Project Opportunity not identified |
| Offer sufficiently varied menus to accommodate common dietary requirements and information to enable individuals to make informed choices about the food they eat. | [2] Inclusive | [2.2] Diverse menu that address common dietary requirements and cultures at the University. | No one is excluded from using the University's catering facilities because they have a common dietary requirement or the because of their cultural background. | SA FfL-SH (bronze)1.10 | SA FfL-SH (bronze) awarded FF27549. |
| As above | [2] Inclusive | [2.3] Display/provide information about food provenance. | Improve Scotland's diet. | SA FfL-SH (bronze) 1.9 | SA FfL-SH (bronze) awarded FF27549. |

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| Ensure that free water is prominently available throughout all catering outlets. | [1] + [2] Healthy & Inclusive | [2.4] Free water readily/prominently available | Improve Scotland's diet. | SA FfL-SH (bronze)1.7 | Achieved. Free water available throughout campus. |
| Safeguards workers' rights for everyone involved in the University's food supply chain (from farm or ship to fork) | [3] Ethical | [3.1] Employees at GCU paid living wage and equal pay. | Safeguarding equality and workers right. | Catering contractor's registered with the Living Wage Foundation OR Supplier declaration AND Audit of pay records | Contractual requirement. Catering manager confirms that catering employees are paid Living Wage. |
| As above | [3] Ethical | [3.2] Minimum wage (or better) and equal pay for individuals in the supply chain. | Safeguarding equality and workers right. | Catering contractor's declaration & verification procedures | Catering manager confirms that their supplier on-boarding process has gateway checks that do not permit the addition of suppliers that cannot evidence paying at least the National Minimum Wage. |
| As above | [3] Ethical | [3.3] Fairtrade University | Safeguarding equality and workers right. | Fairtrade Foundation | 1 Star Fairtrade University (5/7/2022) |
| Only serve meat, dairy and egg products that satisfy UK animal welfare standards. | [3] Ethical | [3.4] Higher welfare meat, dairy and eggs (inc. free range) | Low welfare, intensive farming is often associated with poor living conditions for livestock and environmental degradation from pollution and habitat loss. Intensive farming also relies of large swathes of land to produce livestock feed. | SA FfL-SH (bronze) 1.2, 1.4 (free range eggs) & 2.1 (silver & gold) | A FfL-SH (bronze) awarded FF27549. |
| Maximise the use of seasonal, Scottish produce. | [4] Environmental | [4.1] Seasonal fruit & veg (seasonal and in season menus) | Seasonal produce requires less energy to produce and store. | SA FfL-SH (bronze) 1.8 | A FfL-SH (bronze) awarded FF27549. |
| As above | [4] Environmental | [4.2] Serve local produce [linked to 1.4] | <p>Production method, storage and transportation have different environmental burdens and the best option often requires a balance that reflects delicate trade-offs.</p> <p>Notwithstanding such trade-offs, choosing 'local' creates local employment opportunities and supports local communities and economies.</p> <p>For Scotland, the SA FfL SH (2.3.1) define local for food produced within Scotland. For GCU the priority should be: Scottish, British, European and the rest of the world</p> | SA FfL-SH (bronze) 1.9 | A FfL-SH (bronze) awarded FF27549. |
| Design menus to encourage lower red meat consumption | [4] Environmental | [4.3] Less red meat [linked to 1.1 and 3.4] | Red meat poses higher health risks and has a greater environmental impact than other types of meat. | SA FfL-SH (silver and gold) reward less meat. | Red meat content has been reduced. Menus progressively altered to replace red meat with white meat. |
| As above | [4] Environmental | [4.4] Food carbon intensity to inform menu development. | WWF's Planet Based Diet highlights that red meat and dairy products have disproportionately greater environmental impacts than other foods types. | Carbon footprint review of menu proposals. | |
| As above | [4] Environmental | [4.5] On-site prepared catering offer to display portion carbon footprint. | As above. | On-site prepared offer (hot meals and beverages) display portion carbon intensity. | |

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| Only serve fish from sustainable sources. | [4] Environmental | [4.6] Sustainable fish | Overfishing and other environmental pressure have put many fish stocks in serious states of decline that without change have limited chances of recovering. MCS and MSC offer guidance on which fish to use. For bronze, fish must not be listed on MCS 'fish to avoid' list. | SA FfL-SH (bronze) 1.3 SA FfL-SH (silver & gold) 2.1.3 | A FfL-SH (bronze) awarded FF27549. |
| Promote the use of organic ingredients and products. | [4] Environmental | [4.7] Organic ingredients (incl. milk) | [Source SA FfL-SH handbook] Organic food is produced using environmentally and animal friendly farming methods (legally defined) on organic farms. Any food sold as 'organic' is strictly regulated (to avoid misuse of the term). | SA FfL-SH (5% of £ for Silver and 15% for Gold) 2.1.1 | Catering contractor switched to an organic milk supplier (Moss Giel Farm). |
| Have in place appropriate checks and balances to prevent the use of genetically modified ingredients. | [4] Environmental | [4.8] No GMO | [Source SA FfL-SH handbook]: Genetic modification is believed [by SA] to pose potential risks to human health and the environment, and the social and the economic impacts of the technology, particularly on smallholder farmers in developing countries is significant. | SA FfL-SH (bronze) 1.6 | A FfL-SH (bronze) awarded FF27549. |