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## Aramark at University of Westminster Sustainable Food Policy 2021

### Introduction

Aramark at the University of Westminster is committed to creating a sustainable catering operation aligned with the university's core values to be progressive, compassionate, and responsible. We are dedicated to our role within the university to prioritize the physical and mental well-being of our students and staff to create an enriching and nourishing environment. We at Aramark are also committed to supporting the university in their pledge towards contributing to the United Nation's 17 Sustainable Development Goals.

Sourcing and providing food and drinks produced to the highest environmental and ethical standards are at the centre of the services that we deliver. Maintaining our environmental standards will be prioritized in every decision we make to demonstrate our commitment towards a sustainable future. We will demonstrate good practice in sourcing and product offering, effective management of our catering operations, and through communication and collaboration with the University of Westminster. We will work to leave minimum negative impacts on the natural environment and seek to generate positive impacts instead on the natural environment and the University of Westminster community. This will be achieved by considering the environmental and social impacts of the food and drink products we purchase and offer. As such, we will consider a wide range of factors when sourcing and developing our product offering, including but not limited to; our carbon footprint, water and soil health, food waste, biodiversity, nutrition and health, animal welfare, raising awareness and influencing behavior.

We have set out aims and objectives within this policy that establishes clear goals for progress over the period 2021-2025 as well as targets that can assist in monitoring its implementation based on our strong sustainability principles. This policy will be reviewed each year and is the foundation for the Aramark at the University of Westminster Sustainable Food Action Plan. The key objectives of the policy are as follows:

- High standards of environmental, local, seasonal and ethical sourcing will be practiced across our entire operation
- Our customers will always have access to healthy and sustainable foods regardless of their dietary restrictions
- Carbon emissions from food will be monitored and measured to track reduction progress
- Communication and transparency with the university students and staff will be maintained

## Scope of the Policy

This Policy is focused on the provision and procurement of food in all the catering outlets within the main University of Westminster campuses as well as our hospitality provisions across the entire university:

### Regent Street

- Gallery Café (53.3 Degrees Coffee)
- Refectory

### Marylebone

- Café Neo (Costa Coffee)
- 53.3 Degrees Coffee
- Refectory

### New Cavendish Street

- 53.3 Degrees Coffee
- Refectory (The Hive)

### Harrow

- Gateway Café (Costa Coffee)
- Forum Café (53.3 Degrees Coffee)
- Refectory

### Little Titchfield Street

- Café Neo (Costa Coffee)

## **Our Food and Drink**

We will maintain high standards of sourcing sustainable and ethical ingredients. We will also aim to source seasonal and local ingredients where possible to support local businesses. We aim to maintain our current environmental accreditations throughout the entirety of our contract with the University of Westminster, including the Food for Life (FFL) Served Here bronze standard, Green Kitchen Standard, Marine Stewardship Council (MSC) Sustainable Fishing accreditation, and Compassion in World Farming Good Egg Awards. We will aim for the Soil Association's FFL Silver Standard by 2023.

## Fruits and Vegetables

We will source local and seasonal produce where possible. We will continue our partnership with the university Sustainability Team to grow fresh herbs and vegetables in the university growing spaces and utilize the harvest in our menus.

For fresh fruits and vegetables that are purchased and delivered, we will aim to source 5% of our fresh produce under the Natural England Entry Level Stewardship or Higher Level Stewardship scheme, Linking Environment and Farming (LEAF) Marque certification, or the Soil Association Organic standard.

## Meat and Dairy

We will continue serving Red Tractor Assurance certified British meat products and will aim to introduce products certified by the Royal Society for the Prevention of Cruelty to Animals (RSPCA) that have been produced under high welfare standards. We also aim to source a minimum of 5% Soil Association certified organic meat and dairy products by 2023. The proportion of organic meat and dairy products served will be aimed to continuously increase over time.

## Fish

We will continue exclusively serving fish certified by the MSC as sustainable and traceable. We will maintain our signatory status with the Sustainable Fish Cities' pledge to support sustainable fishing and marine protection.

## Palm Oil

Obtaining the Roundtable on Sustainable Palm Oil (RSPO) certification will be taken into consideration after completing a comprehensive review of the criteria set out by the accreditation bodies. We will monitor our use of palm oil in the kitchens. Substitutions to alternative cooking oil products will be made after a full life cycle assessment of said products to prevent further unintentional damage to the environment.

## Eggs

We will continue serving free-range eggs and maintain our Compassion in World Farming Good Egg certification. We will also aim to serve Soil Association Organic certified free-range eggs where possible.

## Fairtrade

We will demonstrate our commitment to leaving minimal social, ethical, and environmental impact from our practices by procuring Fairtrade products where possible. We will aim to source 5% Fairtrade Foundation certified products in our coffee and retail range by 2023.

## Coffee and Tea

We will continue sourcing Fairtrade certified and ethically produced coffee beans and Soil Association Organic certified tea in our 53.3 Degrees Coffee cafes located in the Harrow, New Cavendish Street, Marylebone, and Regent Street campuses.

## Drinking-Water

We will continue providing access to clean drinking water through our Hydration Stations located in all our sites with water jugs and glass cups, as well as signage signaling towards the water fountains. We will also continue the sales of reusable water bottles to reduce plastic wastage from single-use plastic water bottle sales.

## Healthy Diets and Nutrition

Our menu design will be reviewed and revised to include in-season and British produce where possible. Nutritional assessments of the menus will be carried out to provide healthy food options, portion sizes will also be monitored.

We will continue serving vegetarian, vegan, and gluten-free options in all our sites. We will aim to increase our vegetarian and vegan uptake by 10% each year.

## **Our Practices**

### Communication, Collaboration and Engagement

We will deliver communications and engagement activities to raise awareness and understanding of sustainable food issues through our website, social media, and on-site through the Sustainability Walls and signage.

We will continue taking part in the University of Westminster Sustainability Team's growing space workshops to engage with the university students and staff in growing our own food. We will also continue working with the University of Westminster Students' Union to engage and collaborate with the student community through campaigns and events in partnership with student groups and societies.

We will also continue maintaining a close relationship with the University of Westminster and its Sustainability Team to ensure that our operation is consistently meeting the sustainability standards of the university.

### Equality, Diversity, and Inclusion

We at Aramark believe that everyone should have an equal opportunity to enjoy nutritious and sustainable foods at the University of Westminster. We are strongly committed to supporting

equality, diversity, and inclusion (EDI) through our services in our menu design and sourcing methods.

We will continue offering culturally varied menus with options available for those with religious or cultural dietary restrictions in our refectories as a part of our EDI commitment.

We will also continue donating 53.3 pence of every 53.3 kilos of coffee sold from our 53.3 Degrees Coffee outlets to support the local community that produces our coffee beans in Columbia.

### Carbon Emissions from Food

We will aim to serve less, but higher quality meats in our refectories to reduce our carbon footprint from animal-based products. A comprehensive analysis of our meat dish sales will be carried out to assess the number of meat dishes sold in previous years. We will then aim to reduce the number of meat dishes sold in our refectories by 10% each year according to our findings and increase our offerings on vegetarian and vegan options in our refectories and cafes. We will also list vegetarian and vegan options before the meat-based options in our refectory menus to encourage further uptake of plant-based meals.

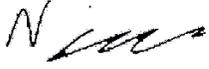
The demand for meat and plant-based dishes will be monitored throughout each year. Carbon emission data will be developed for our menus and food items. This data will then be used to calculate emissions from our sales and compare the environmental benefits between animal-based and plant-based options each year. Carbon savings will be calculated following the annual DEFRA conversion factors.

### Hospitality

We are committed to practicing sustainability in all aspects of our operation, including our hospitality services. Our environmental standards will continue to be reflected on our hospitality services starting from menu design, sourcing, to the products used during the service.

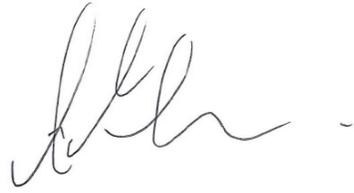
Our hospitality brochure will clearly indicate our sustainability commitments and we will offer a wide range of sustainable options in our menus to encourage our clients to hold events with lower environmental impacts. A wider variety of plant-based and seasonal options will be included in our brochure and will be offered before the meat-based options in our menu listing. Carbon footprint estimates will also be available for our sample menus. The brochure will continue to be offered as an electronic copy to reduce paper waste.

We will continue serving Soil Association certified organic tea and Fairtrade Foundation certified coffee in our services. We will also aim to offer Soil Association certified organic wine in our wine list. Disposable and plastic-free services will be available at the client's request, services requiring disposable cups and cutlery will be provided with plant-based compostable products.



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