

INTRODUCTION

As a world-class civic university Newcastle University is committed to playing a leading role in the economic, social and cultural development of the North East of England within the context of financial and environmental sustainability, as reflected in the University's Vision '2021' where it is highlighted as a specific institutional strategic objective.

UNIVERSITY DRIVERS FOR HEALTHY & SUSTAINABLE FOOD

The University's Environmental Sustainability Policy commits us to reducing the environmental impacts of all our Institution's operations.

Newcastle University was first recognised by the Fairtrade Foundation as a Fairtrade University in 2006. Our Fairtrade status is one of the ways in which the University demonstrates its commitment to development in the Third World and to sustainability.

Our commitment to support the goals of the Public Health Responsibility Deal

Requirements for accreditations/awards and assessments e.g. The Soil Association Food for Life Catering Mark award, Heart of Newcastle award, CIWF Good Egg award, Food Standards Agency national Food Hygiene Rating Scheme, People and Planet's Green League.

Implementing a healthy and sustainable food policy presents the University with the opportunity to set an example by improving the sustainability of its own catering services and supply chain, and to help influence the market-place to encourage the development of new, more sustainable goods and services.

STRATEGY

We will:

- ensure the Healthy & Sustainable Food Policy is fully reflected in our catering tenders and contracts.
- ensure that local and smaller suppliers are not discriminated against in the procurement process and through our specifications.
- incorporate requirements for an effective food safety system, sustainability contract performance clauses and sustainability specifications in our tenders.
- work with the University's contracted suppliers to minimise the sustainability (environmental, social, and financial) impacts and maximise the sustainability benefits associated with the products and services they provide.
- train catering staff in food health and sustainability.
- approach healthy and sustainable food provision as a process of continuous improvement.

SCOPE

Applicable to all of our catering outlets and food served for events, excluding vending machines. However we do work with our vending machine provider to maximize the choice of healthy and sustainable options in the machines.

PURPOSE

To embed the principles of sustainable procurement and healthier food provision within the University's catering activities.

MONITORING AND REPORTING

We will develop clear targets in relation to the key products and services we purchase, and monitor and communicate progress to the University's Environmental and Sustainability Committee.

REVIEW

The Policy will be reviewed annually by the Head of Hospitality and Commercial Services, and the Catering Operations Manager.

HEALTHY & SUSTAINABLE FOOD POLICY

The University has a responsibility to provide healthy food to its customers. Our customers are students, employees, external visitors and contractors.

The University is committed to providing a safe and healthy working environment for its employees and to promoting health within the workplace. The University recognises the importance of healthy eating in relation to employee wellbeing.

The University recognises its responsibility to carry out its catering activities in an environmentally and socially responsible manner, and the considerable influence we have in using our buying power to encourage healthy and sustainable food production and consumption.

Food will be prepared and served under the following principles:

- **Fresh food you can trust**
Menus based around food that is freshly prepared on-site or at a local hub from predominantly unprocessed ingredients, free from controversial additives and trans fats.
- **Championing local food producers**
Investing in the local community and local economy, reconnecting people with where their food comes from and how it is produced.
- **Making healthy eating easier**
Making it easier for people to choose healthy meals free from trans fats and undesirable additives. The emphasis is on serving an appetising and nutritious balance of good quality, freshly prepared foods rather than on providing nutritionally reformulated processed foods.

Food will be sourced and purchased in line with the University's Sustainable Procurement Policy. For more information see <http://www.ncl.ac.uk/procurement/Policies.htm>
Food producers will be vetted on both the quality of their goods and hygiene of their premises.

HEALTHY & SUSTAINABLE FOOD COMMITMENTS & TARGETS

1) Communication

We communicate our food policy, specific information about what we are doing to improve the sustainability of our food, and food provenance, to service users, visitors and staff via appropriate methods, e.g. the staff intranet and newsletters, menus, posters / displays / notice-boards in our catering outlets.

Additionally, the University holds promotional events to support healthy eating and sustainability initiatives eg Salt Awareness Week, Fairtrade Fortnight, etc.

2) Training

Recognising our responsibility as an employer, catering staff will be trained in food health and sustainability, as a minimum:

- Catering staff will be aware of the various certification systems and their relevance for food production.
- Catering staff will be updated in cooking practices that enable healthier eating.
- Front-of-house staff will be able to respond to enquiries about food provenance and which animal welfare and environmental standards it meets.

3) Fruit and Vegetables

To support the 5-a-day recommendation:

- We always have a selection of fresh fruit available.
- We offer a range of natural fruit juice drinks in all outlets.
- We offer a range of hot vegetables each day. The customer is offered a choice of at least two vegetables daily.
- On our salad bars we offer a range of salads which are undressed
- We offer 'freshly made on site' vegetable soups.

We make sure all our menus change with the availability of seasonal produce with at least two (major) items per main dish will be served in the season it is naturally abundant in this country. Seasonal fruit will be stocked in preference to out of season fruit.

4) **Meat and Dairy**

- We are committed to ensuring that 100% of the livestock produce (meat and dairy) is from farms that satisfy UK welfare standards, e.g. Red Tractor Assurance or equivalent, as a minimum.
- We use locally sourced milk.
- We monitor and reduce the amount of dairy, meat and processed meats that are served, replacing this where necessary with pulses, beans and other sources of protein that are not of animal origin and increasing the proportion of plant based foods, particularly wholegrains, fruit and vegetables. We do this by:
 - i. Investigating customer's opinion to the possibility of introducing regular meat free days in the catering outlets.
 - ii. Serving 80g cooked weight portions of meat, poultry and oily fish portions. Taking into account 15-30 % shrinkage this equates to roughly 90 – 104 g uncooked weight.
 - iii. If serving white fish then aim for maximum portion of 100g cooked white fish. Taking into account 15- 30 % shrinkage this equates to roughly 115 – 130 g uncooked weight.
 - iv. Alternatives to processed meat products will be offered in view of evidence linking processed meat consumption and cancer.
 - v. Cheese will not exceed 30g per portion in cold or cooked meal options.
- By December 2015 we aim to source all our meat and dairy from higher welfare production systems, e.g. RSPCA Freedom Food, organic etc

5) **Fish**

- We aim to include a fish rich in long-chain omega-3 fatty acids, such as salmon, on our menu's once a week.
- We do not include any fish on the menu which are on the Marine Conservation Society's red list and promote only fish that is on the Marine Conservation Society's 'fish to eat' list.
- Our preference for tinned tuna will be pole and line caught or Marine Stewardship Council (MSC) certified. We will not use tinned tuna where the tuna has been caught using purse seine nets with Fish Aggregation Devices (FADS).
- By August 2014 we aim to achieve the MSC accreditation in all catering outlets.

6) **Eggs**

To maintain the CIWF Good Egg award we ensure that:

- We use locally sourced, free range, whole eggs.
- All liquid / dried eggs are from free range eggs.

7) Bread

We work with our suppliers to introduce baked goods, including bread, which do not feature unnecessary ingredients and additives, contain more than 5% wholemeal content, and which contain lower levels of salt in line with Food Standards Agency guidelines.

8) Water

- We support the recommendation to increase water intake to 6-8 glasses daily per person.
- Jugs of tap water and recyclable drinking cups are freely available in all our catering outlets.
- Bottled water is sold in our catering outlets in response to customer demand. After taking into account requirements for compliance with Procurement regulations and targets, bottled water is purchased from the source considered to have the lowest environmental sustainability impact.
- We are investigating alternative solutions to offering purchased bottled water in our hospitality service.

9) Palm Oil

- By December 2015 we aim to ensure any products we use that contain palm oil only use sustainable palm oil.

10) Fairtrade

- Fairtrade foods are available for sale in all campus shops. Fairtrade products are used in all catering outlets on campus.
- Fairtrade products are served at all meetings hosted by the University and the Union Society and in all University and Union Society management offices.
- The University is committed to campaigning for increased consumption of Fairtrade products.

11) Nutrition

To maintain “Heart of Newcastle” we ensure that:

- At least half our menus are identified as “Healthy Choice”
- Starchy foods are the main part of most meals, such as pasta and rice
- Fruit and vegetables are readily available
- A vegetarian option containing beans/pulses/Quorn/tofu is available every day
- Unhealthy fats and oils, especially saturated fat, are kept to a minimum
- The level of sugar is kept to a minimum in food and drink, using alternatives where possible
- The level of salt is kept to a minimum and alternatives used where possible in support of the 6g maximum of salt a day recommendation.

To support and enable our customers to eat and drink fewer calories and contribute to the goals of the Public Health Responsibility Deal we:

- Remove artificial trans fats from our products.
- Review the nutritional quality of our food and identify products and practices that can be changed to improve its nutritional value.
- Investigate methods to provide calorie information for food and non-alcoholic drink for our customers.

12) Allergies

- Nut free and gluten free snacks, cakes, and biscuits are available in catering outlets.
- By December 2014 we will ensure we can provide information on any of the 14 major allergens used as ingredients in foods sold without packaging or wrapped on site.

13) Deliveries

- We work with suppliers to reduce food deliveries made to the University's catering outlets to a minimum.

14) Waste and Recycling

To increase the amount of recycling and/or reduce the amount of waste from our catering outlets:

- Our used cooking oil is collected to be turned into bio-diesel.
- We promote the use of reusable drinking cups and mugs for hot drinks both whilst in or when taking-away from our catering outlets.
- We purchase compostable or recyclable disposable drinking cups.
- We are investigating compostable alternatives to recyclable disposable cutlery.
- We will work with suppliers to reduce packaging and use reusable packaging wherever practicable.
- By March 2014 we will implement processes to divert food waste from disposal from landfill and/or maceration to recycling for renewable energy by anaerobic digestion.

15) Energy and Water

- We are investigating methods to monitor how much energy and water we use by December 2014, and will develop a plan to reduce this after this point.
- Energy efficiency and water consumption are taken into account when making decisions to replace capital equipment.

16) Accreditations

Catering outlets will work to maintain existing accreditations, continually strive to improve standards and work towards further appropriate accreditations.

- Newcastle University is a Fairtrade University.
- All catering outlets hold the highest hygiene ratings possible from the Food Standards Agency.
- Catering outlets across the University have been awarded the Heart of Newcastle Award
- The University was awarded the CIWF Good Egg Award in 2011.
- Two catering outlets achieved the Soil Association's Bronze Catering Mark by December 2012. By October 2013 this was increased to ten outlets.