







Sustainable Events Guide: Food guide

The purpose of this guide is to help reduce the impacts related to the food choices for the conference. It is important to consider the environmental impacts of the food at the conference / event , but your solutions should not come at the expense of the conference attendees experience. Some of the big factors for food are both social and environmental.

THEME	CONSIDERATIONS
	<p>CLIMATE SENSITIVE food means that in its creation and preparation, it uses less carbon.</p> <ul style="list-style-type: none"> Select meal options that have less meat (specifically lamb, goat, or beef) Select meal options that have less cheese Try to select seasonal fruits and vegetables
	<p>Sometimes an easy way to choose a sustainable option is to simply choose food options that have a CERTIFICATION. Here are some certified options that you can choose from as you are building your menu.</p> <ul style="list-style-type: none"> FairTrade Canada certification (Coffee, tea, and chocolate) Marine Stewardship Council and Aquaculture Stewardship Council (Seafood) Certified Green Dining Hall
	<p>LOCAL FOOD is a preferred option because it usually requires less energy to transport and it supports the local economy. But be careful, local food can still have a lot of carbon.</p> <ul style="list-style-type: none"> Local preserves Beers Wine
	<p>FOOD WASTE is a big contributor to greenhouse gases and clogging landfills. When donating food, there are many options available. Follow these steps to determine the best option</p> <p>Step 1: Reduce the amount of food wasted by only ordering what will be eaten.</p> <p>Step 2: Try to make sure that guests can take food home.</p> <p>Step 3: If there is left-over food, you can offer it to students</p> <p>Step 4: Food that is left over can be donated to a local charity.</p> <p>Step 5: If there are no options available, make sure to compost the food</p>

When ordering food on campus, there are different options available to reduce food waste. Use the matrix below to help guide you through your options.

Reuse	Donate	Compost
Offer Tupperware Encourage participants to take home Bring trays to office / lounges Bring to the Community Fridge	Bring to local soup kitchen Have 3rd party provide to collect (large events)	Ask for compostable cutlery Ask for extra compost bins

	Executive Serve	Classic Serve	On the Go	Platter (opened)
Open Buffet	Reuse	Reuse	N/A	Reuse
On the Go meal	Donate	Donate	Donate	N/A
Platters	Reuse	Donate	N/A	Donate
Sit down catering	Compost	Compost	N/A	N/A

