



CONFERENCE: Nov. 15-18, 2021
TRADE SHOW: Nov. 16-19, 2021

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Applying Sustainability Practices to Your Food Service Operation

Tracy Bareno, San Diego Zoo

Jeff Whiting, Whiting's Foods – Santa Cruz
Beach Boardwalk



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Why Sustainability?

What's your Short-Term Goal?

What's your Long-Term Goal?



Love it, dislike it or indifferent...Sustainability is here to stay.

City Ordinances may (& are) dictating what you can or cannot use, sell or make available.

- Sustainability Improves:
 - The quality of our lives.
 - Protects our ecosystem.
 - Preserves natural resources for future generations.

What is Pre & Post Consumer Waste?

- **Pre-Consumer Waste:** It is a **material that was discarded before it was ready for consumer use**. Pre-consumer waste is the reintroduction of manufacturing scrap (such as trimmings from paper production, defective aluminum cans, etc.) back into the manufacturing process.
- **Reasons to use Pre-Consumer Waste**
 1. Keeps the waste out of the landfill
 2. Conserves petroleum Resources
 3. Reduces Greenhouse Gas Emissions



Post-consumer waste is a waste type produced by the end consumer of a material stream; that is, where the waste-producing use did not involve the production of another product. Post-consumer waste consists of:

- Food Packaging - #10 cans
Cardboard, Plastic Wrap
- Spoiled Food - fruit skins, bones and meat, etc.
- Uniforms & Clothing
- Paper/Office Materials
- Used Batteries
- Broken Equipment & Electronics

Ways to Reduce Waste in Your Restaurant

According to [Feeding America](#), America produces an estimated 72 billion tons of food waste each year.

Pre-consumer waste - Food that doesn't even leave the kitchen. Pre-consumer waste is the area where you likely have the most opportunity for positive change because there are many factors within your control when it comes to ordering, storing, and prepping your ingredients as well as how you handle surplus ingredients.

- **Evaluate Inventory**
- **Maximize Shelf Life**
- **Find Ways of Repurposing Ingredients**
- **Train Staff to Reduce Food Waste**



Post-consumer waste - Food that's purchased by a customer, but not eaten. There's not much you can do with the food once it's left your kitchen, but you can make sure that you're presenting guests with proper portion sizes, so they can eat until they are comfortably full.

- **Monitor Portion Sizes**
- **Manage Customer Expectations**
- **Track the Popularity of Each Dish**
- **Encourage Guests to Take Their Food Home**



7 Step Restaurant Recycling Program

1. Conduct A Waste Audit
2. Start Simple
3. Waste Less
4. Don't Forget to Compost
5. Buy the Right Bins
6. Nail Your Recycling Bin Graphics
7. Choose A Champion to Lead The R



Water Recirculation Systems

Water recycling is a great alternate to air cooled equipment. Recirculating water conserve resources by recycling the water used for cooling equipment.

- Water Cooled:
 - Will save thousands of gallons of water annually
 - Has a better product output & recovery time
 - Won't heat up your kitchen with hot air expulsion



Ocean Care Companies

When sourcing seafood, look for sustainably harvested seafood from companies that focus on certifications such as MSC and BAP as part of their sustainability efforts.

- MARINE STEWARDSHIP COUNCIL (MSC)

- Sustainably Sourced
- Verified
- Wild-Caught
 - Advertise It!



- BEST AQUACULTURE PRACTICES (BAP)

- Environmental
- Social
- Food Safety
- Animal Health & Welfare



Seafood Products & Sea Life

Poor fishing practices have devastating effects on our Oceans.

- Bottom Trawling:
 - Ruins ocean ecosystems including sea grass, rock formations and coral reefs.
- Creates Bycatch:
 - Creates massive discard (up to 80%)
 - Examples of by catch include (but are not limited to):
 - Sea Turtles
 - Non targeted fish species
 - Marine Mammals
 - Sea Birds
 - Sea Grass



Our celebrative purchasing decisions can have a huge influence on the industry. Demand our vendors find and source a sustainable and affordable alternative. Let our dollars do the talking and only procure appropriate choices supporting healthy Ocean sustainability.

Purchasing with Sustainability in mind



SUSTAINABLE FOOD PURCHASING GUIDE

***** FIRST EDITION

HOW DO I EAT MORE SUSTAINABLY?

8 STEPS TO A MORE SUSTAINABLE DIET:

CHOOSE LOCAL PRODUCE 	EAT PLANT BASED FOODS 	BUY WHAT'S IN SEASON 	EAT A VARIED DIET
LOOK FOR SUSTAINABLE FOOD LABELS 	KEEP FOOD WASTE TO A MINIMUM 	BUY PACKAGING-FREE FRUIT & VEG 	GROW YOUR OWN FOOD

THESPORTSEDIT®

Purchasing Earth Friendly Products

- Sustainable Palm Oil
- Top Eco- unfriendly products
 -PLASTIC WATER BOTTLES. ...
 -DISPOSABLE CUTLERY. ...
 -PLASTIC BAGS. ...
 -SINGLE USE COFFEE CUPS. ...
 -DISPOSABLE BATTERIES. ...
 -DISPOSABLE CLEANING CLOTHS. ...
 -FOOD PACKAGING.
- Cheyenne Mt Zoo and other resources

Hydroponics



Local Grown Products & Organics

Farm to Table: A Movement for Local and Organic Food

Farm to table, also known as farm to fork, can be defined as a social movement where restaurants source their ingredients from local farms, usually through direct acquisition from a farmer.

Pros of Farm to Table:

- Helps to boost the local economy and support local farmers.
- Both the restaurant and farmer benefit from farm to table.
- Farm to fork is an extremely popular trend.
- It can help the environment.

Cons of Farm to Table:

- You'll have to constantly change your menu.
- Higher price to cover the high cost of the produce.
- Produce may be harder to get.



While some restaurants have abused the farm to table name for their own gain, many restaurateurs are using farm to table to give credit to hardworking farmers and bring fresh and delicious food to the general population.

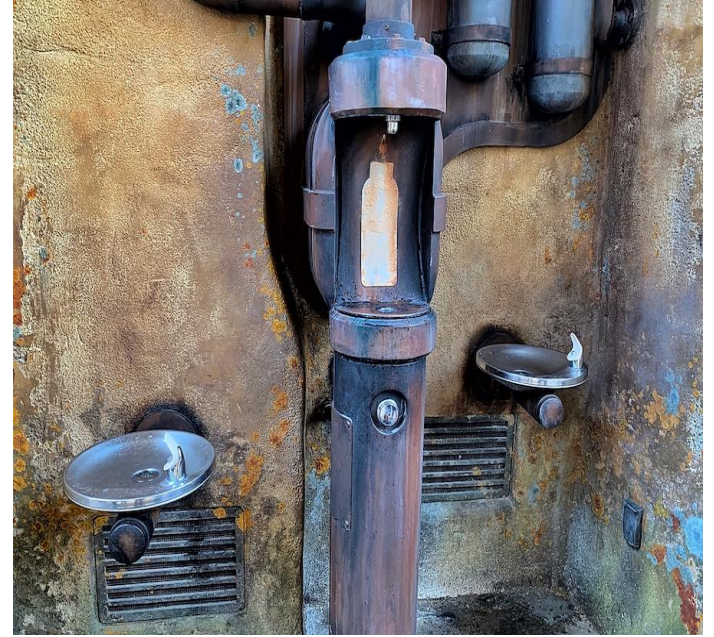
Composting

Food is wasted when we buy more than we need, store it incorrectly, throw away leftovers and cook too much. When we throw away food, we also waste all the water and energy used to produce, package and transport food from the farm to our plates.

- City's Food scrap collection program
 - Composting helps eliminate the use of landfills and trash incinerators, can help create a robust and sustainable agricultural system and can replace synthetic chemical fertilizers.
- Correct Food Scrap Collection Bins & Collection Points
 - Back of House
 - Front of House
- Proper Signage & Leadership
 - Clearly posted & bilingual when needed
 - Assign a lead or team to oversee it.



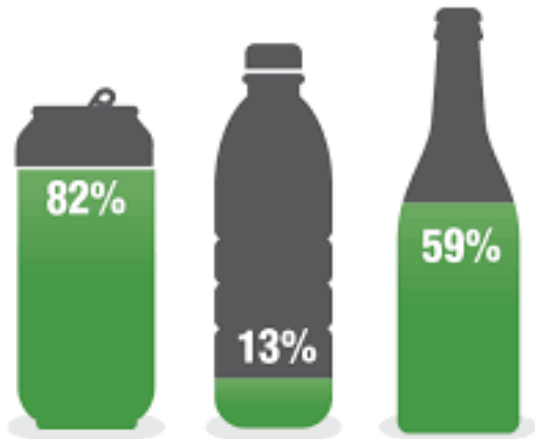
Water Refill Stations



Eliminating Plastics in our Parks

- Plastic Bottles-
- **Concerns for change-** Revenue replacement, Cost increase. Availability of an alternative.
- **Reasons to change-** reduce trash, concerns for oceans and marine life, biodegradability, about 30% are not recycled,
- **Solutions-** Replace plastic with Aluminum, refill stations, re-useable bottles

PERCENTAGE OF COLLECTED MATERIAL AVAILABLE FOR CLOSED LOOP RECOVERY





RE-useable drink containers



Eliminate plastic straws, utensils



Alternative kids meal containers



Eliminating plastic and foam clamshells



Eliminating condiment/dressing packets



**Thank you!
&
Question Time...**



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