

# Planetpro

NESTLÉ PROFESSIONAL SUSTAINABILITY MAGAZINE

## NO TIME TO WASTE

Simple and cost effective  
ways to reduce your  
environmental footprint



Unpacking  
the Problem

Managing  
Waste from  
Door to Dish

The Leftover  
Dilemma

# welcome to PLANETPRO

Nestlé is always looking for ways to bring you a brighter future. At Nestlé Professional, our goal is to support our customers in the food service industry, helping to share insights and knowledge of the emerging trends, important issues, and best practices you need to Make More Possible.

Building upon the great feedback we've received for our Nutripro magazine, which focuses on nutrition, health, and wellness, we are extending the same level of support to another issue that affects all of us: sustainability. Therefore, we are proud to launch a new magazine called: Planetpro.

By introducing simple, yet effective initiatives, businesses that practice sustainability can decrease their running costs and achieve tangible benefits, such as cost savings and sales growth.

This magazine will cover a range of environmental topics that are closely tied to the food service business. By sharing this information, we aim to help you find ways to reduce your business's environmental impact and work together to protect the planet.

*We hope you enjoy  
this first issue.*

## IT'S TIME TO STOP ADDING TO LANDFILLS.

How much waste does your business produce? Even for the environmentally-minded among us, when you start to add up everything you throw away on a weekly basis, the answer may be surprising.

There are many reasons to cut back on waste. First, it can save your business money—which is more important than ever in the wake of the COVID-19 pandemic. It's also clearly the right thing to do in terms of protecting the environment. Our planet has limited resources (including space for landfills), and we need to use them wisely if we want them to

last for generations. And finally, reducing waste is important to your customers. That means it should also be important to you if you want to attract new guests and keep the ones you have.

In this issue, we'll take a hard look at this topic and show you some practical ways you can manage waste throughout your

workflow, from delivery to food prep and disposal. We'll help you understand how to spot waste, what contributes to it, and how you can introduce better practices that reduce waste in every part of your business. Let's get started.

## WORKING TOWARD ZERO *waste*

# waste by the NUMBERS

Food waste accounts for more than 5% of Australia's greenhouse gas emissions!

FOOD WASTE IN AUSTRALIA COSTS THE ECONOMY AROUND **\$20 BILLION** EACH YEAR!

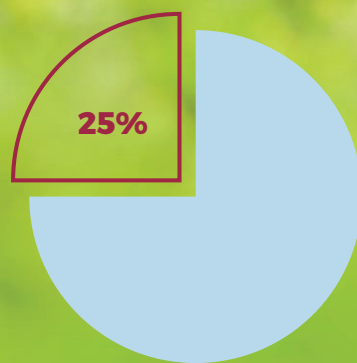
**2.2** MILLION TONNES DISPOSED OF BY COMMERCIAL AND INDUSTRIAL SECTORS!



RESTAURANTS AND CAFÉS IN AUSTRALIA THROW AWAY NEARLY A QUARTER (23%) OF THE FOOD THEY BUY FOR THEIR BUSINESS?



**25%** OF WATER TO GROW FOOD (IN AGRICULTURE) IS WASTED IN AUSTRALIA!



THROWING AWAY ONE BURGER WASTES THE SAME AMOUNT OF WATER AS A 90 MINUTE SHOWER!



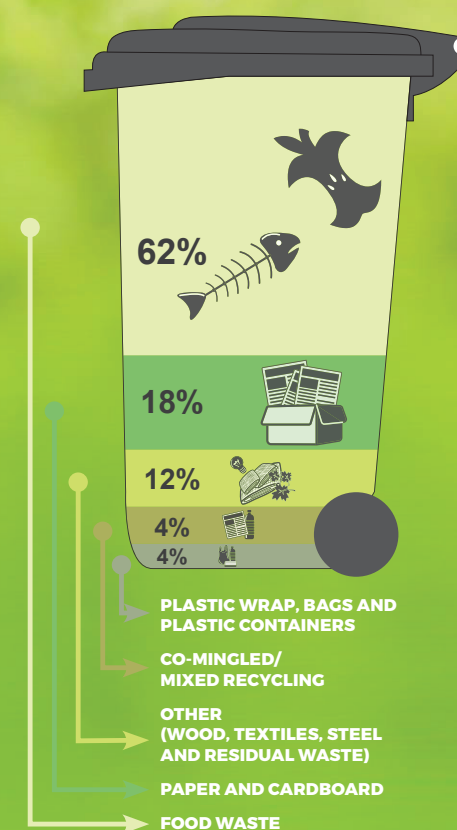
**ONLY 18%** OF PLASTIC IS RECYCLED.

LOCALLY,

**8**

MILLION METRIC TONS OF PLASTIC END UP IN THE OCEAN EACH YEAR!

THIS ENDANGERS FISH, SEA BIRDS, AND OTHER MARINE LIFE.



FOOD WASTE FILLS OVER **60%** OF THE BIN OF AN AVERAGE CAFÉ OR RESTAURANT, WITH PAPER AND CARDBOARD OCCUPYING ANOTHER 18%.

THAT MEANS ABOUT **80%** OF THE BIN CONTENTS COULD BE RECYCLED OR RECOVERED INSTEAD OF GOING TO LANDFILL.

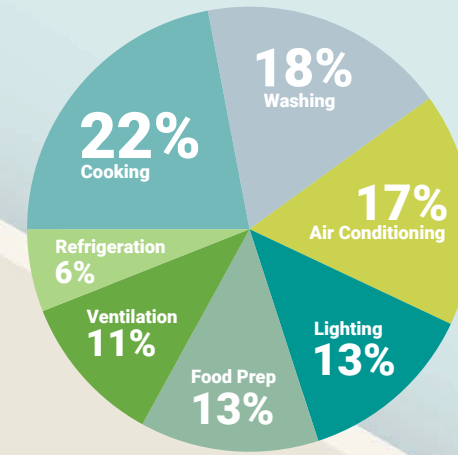
**28%** OF CONSUMERS GLOBALLY HAVE AVOIDED DINING OUT DUE TO CONCERNS ABOUT SUSTAINABILITY AMONG 18-24 YEAR OLDS, IT'S 48%.

**75%** OF CAFÉS, RESTAURANTS AND ACCOMMODATION BUSINESSES AGREE THAT REDUCING WASTE AND INCREASING RECYCLING IS PART OF BEING A SUSTAINABLE AND ETHICAL BUSINESS.

**46%** OF AUSSIES PREFERRED DINING AT ENVIRONMENTALLY FRIENDLY RESTAURANTS.



## WHERE ENERGY IS USED

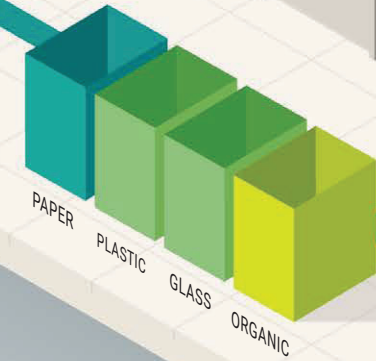


To avoid wasting energy, choose efficient equipment and keep it well maintained, rely on natural lighting and LEDs as much as possible, minimize the time that cooler and freezer doors are open, and turn off appliances when not in use.<sup>9,10</sup>

# waste

## FROM DOCK TO DINING ROOM

Tackling the problem of waste requires big-picture thinking. In the next few pages, we'll walk through every stage in your process from unpacking to serving the meal, targeting key areas where you can reduce or eliminate waste along the way.



# unpacking

## WASTE PROBLEMS

From ingredients to paper goods and cleaning supplies, most of the items that your business purchases will arrive in some type of packaging. To reduce packaging waste, strive to follow the three Rs of sustainability.

### REDUCE

Ask suppliers to minimise their packaging, using just enough to protect ingredients en route. You can also order in bulk when possible so you have fewer cartons and less plastic wrap to dispose.

### REUSE.

Instead of single-use packages and wraps, ask for refillable or reusable containers like plastic crates, wooden pallets, and tarps. Once containers are empty, set them aside in a designated space until the supplier can pick them up again.

### RECYCLE.

Check with your supplier and local council to see which materials can be recycled and how they should be cleaned and sorted. Then train staff accordingly, making sure they know recycling is important. You can make the process easier by designating collection areas. Arrange for pickup or drop-off of materials on a regular basis to keep your business clean and uncluttered.

### GREENHOUSE GAS EMISSIONS PER KILOGRAM OF FOOD

Beef	51 kg	
Prawns	22kg	
Lamb/Goat	14kg	
Fish	10kg	
Pork	10kg	
Chicken	10kg	
Asparagus	8.9kg	
Avocado	1.3kg	
Banana	1.3kg	
Eggplant	1.3kg	
Bell Pepper	1 kg	
Celery	.7kg	
Carrots	.5kg	
Apple	.4kg	
Cabbage	.3kg	

### CHOOSING MORE SUSTAINABLE INGREDIENTS

Certain types of food place more strain on the environment due to their water or land requirements, carbon footprint, agricultural chemicals, biodiversity concerns, or other environmental pressures. While you probably don't want to remove all of these foods from your menu, it's good to understand their impacts and choose ingredients thoughtfully so you can avoid wasting limited resources.

#### PRODUCE

Fruits and vegetables can vary widely in terms of environmental impact, so consider the tradeoffs when choosing ingredients. Produce grown far away also requires more transportation fuel and refrigeration to stay fresh during shipping, while locally grown produce can go from farm to fork with a lower environmental footprint, if produced by responsible suppliers.

#### FISH

Certain organizations, such as The Marine Stewardship Council (MSC)<sup>13</sup>, publish lists to help businesses and consumers choose fish and seafood options with the least impact on marine life and the environment. Recommendations vary by location.

#### MEAT/POULTRY

The carbon footprint of animal protein can vary widely, with beef and lamb contributing the most greenhouse gases and requiring the most land, water, and feed.

# more

## FROM EVERY INGREDIENT

Generations of cooks have learned to squeeze every ounce of goodness from their ingredients. And many time-honored techniques are also effective ways to cut down on kitchen waste.

### PREPARE TO PLEASE

Provide a range of portion sizes on the menu so guests can match their order to their appetite.

Cook dishes only on demand, or use past orders to forecast proper amounts.

Let guests choose their own sauces and side dishes so they won't leave foods they dislike on the plate.

Train and mentor staff to avoid recipe and cooking mistakes and to follow serving size guidelines.

### GETTING MORE FROM LESS

#### SPENT COOKING OIL:

- Partner with a vendor who can equip your kitchen to trap spent grease and cooking oil, schedule pickups, and haul it away to repurpose it as biofuel or a supplement for animal feed.

#### PROTEIN AND CHEESE:

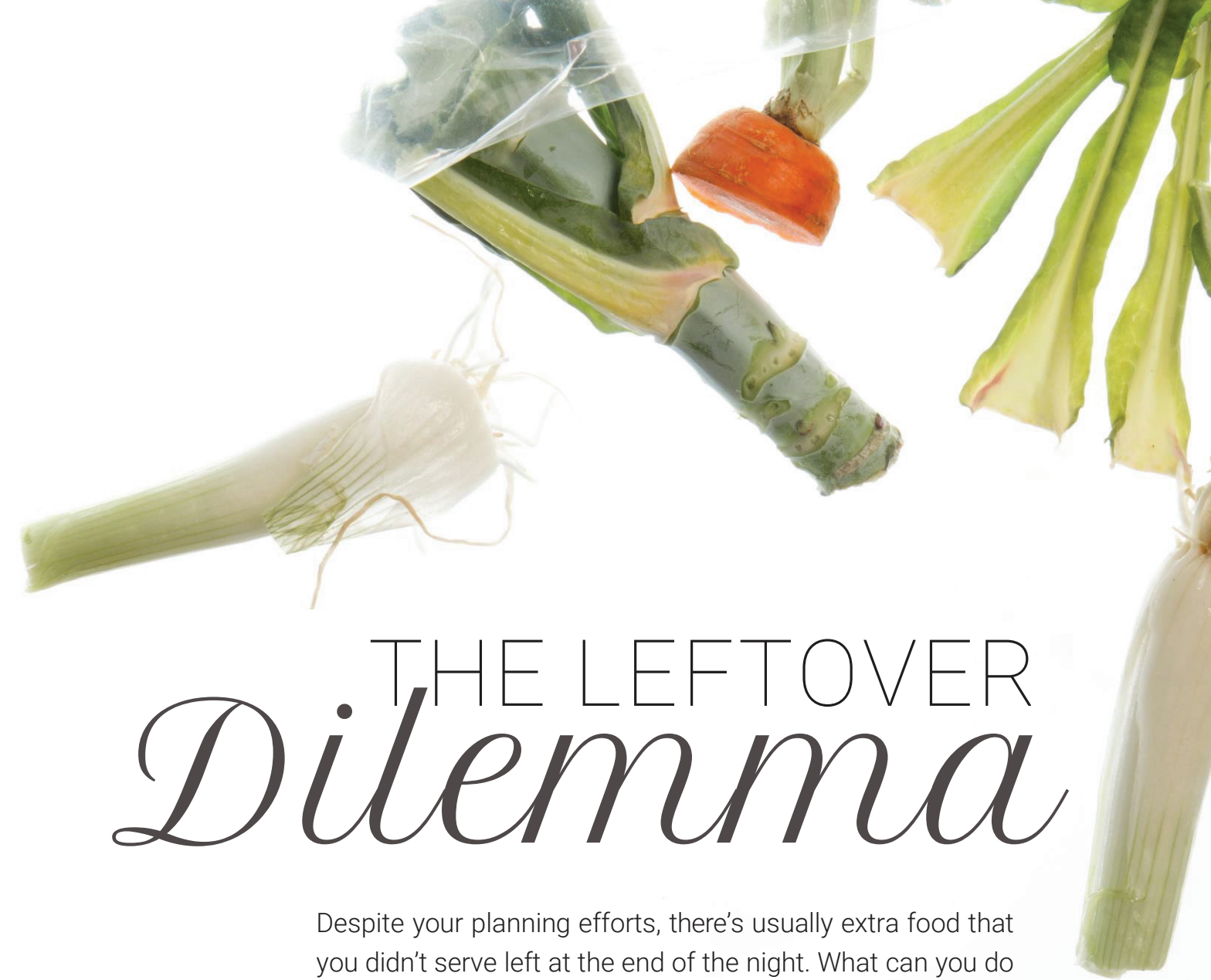
- Cut up trim scraps for salad, quiche, or soups. When doing this be sure to consider the presence of allergens.
- Boil poultry carcasses with leftover vegetables to make stock that you can freeze.
- Roast bones and cook with tomato paste, aromatics, and herbs to make fond de sauce.
- Add cheese scraps and rind to flavour broth with umami.

#### FRUITS, VEGETABLES & HERBS:

- Use only edible garnishes.
- Add shredded trimmings and peels to stuffing, meatless burgers, or breads.
- Chop stems, cores, and extras for slaws or quick pickles.
- Use blemished pieces in salads or mashes.
- Tie onion skins and peelings into cheesecloth and cook in broth to add colour.
- Mince or purée to flavour butter.
- Purée starches to create a thickener.
- Cook extra or overripe fruit in jam, sauces, pies, or cobblers.
- Juice produce for smoothies or make syrups and infusions.

#### BEVERAGES:

- Add sugar to extra coffee grounds and use as a rub for meat.
- Use extra dairy products in chowder or pudding.
- Freeze juice or coffee for flavoured ice cubes that won't water down drinks.



## THE LEFTOVER *Dilemma*

Despite your planning efforts, there's usually extra food that you didn't serve left at the end of the night. What can you do with it to reduce waste?

### SAVE IT

- As long as the quality and safety of the food won't suffer and you have the storage space, you can always store it for future use.
- Be sure to label the storage container with the contents and date you prepared it.

### GIVE IT AWAY

- After the shift, give remaining food away to employees.
- Give to charity, making arrangements with non-profits like local soup kitchens or food pantries so you can put your food to good use and build goodwill in your community at the same time. Keep records of these donations so you can claim them as tax deductions where allowed by law.
- Make arrangements with your nearby farms (including your suppliers) to use your scraps for animal feed.



# AT THE *table*

Dinner is served, but waste reduction doesn't end here. There are several steps you can take to prevent or cut back on waste as you serve the meal and clean up after your guests.

## **Casual/Family Style/Fine Dining**

- Provide a range of portion sizes on the menu so guests can match their order to their appetites.
- Set up a collection point in the kitchen where usable food scraps can be salvaged for composting. Train staff to separate food scraps from rubbish to prevent contamination of compost.

## **Fast Casual/Takeaway/Business & Institutions**

- Ask your guests if they'd like disposable cutlery and only provide them when requested to reduce overall waste.
- Where paper napkins are used, offer 1-2 per guest instead of unlimited access.
- Help guests dispose of items properly on-site by providing separate bins for composting, recycling, and rubbish along with pictures and simple instructions.

# Getting on the right TRACK

No matter how much space, budget, or time you have to allocate to reducing waste, you can start to make changes today.

- 1 Measure how much waste your business produces in one week. For a big-picture look at your waste, place a scale under your rubbish and recycling bins and add up your total weight for the time period. You could also sort rubbish into basic categories like packaging, spoilage, food prep, and leftover food on plates to identify areas that need improvement.
- 2 Target the practices that led to the greatest waste, and look for ways to improve them, such as adjusting ordering or cooking quantities, retraining staff, sending more to composting/recycling, or tweaking menus.
- 3 Set some achievable goals to reduce your waste.
- 4 Measure categories again after a week or a month.
- 4 Track your progress.
- 6 Report your progress to customers to show you're walking the talk.
- 7 Continue to set and work toward new goals and establish better practices.

*Let's all do our part, waste less and make the world better.*



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