



Centurion
UNIVERSITY

*Shaping Lives...
Empowering Communities...*

UNIVERSITY POLICY FOR GOOD FOOD IN THE CAMPUS



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1. Nurturing Good Food Systems

This policy sets out our approach to supporting food systems that are environmentally, socially and economically sustainable. It contributes to a range of university commitments, which says the University will ensure that its actions and activities deliver positive change, our Climate Strategy, which describes how the University will respond to the climate crisis, and our pledge to work with partners to advance the Sustainable Development Goals. Good Food is food and drink that is tasty, healthy, good for the environment and good for the people who make it. It is produced, purchased, transported, consumed and disposed of within food systems that are:

- Environmentally sustainable by conserving or regenerating natural resources; avoiding pollution; mitigating emissions that cause climate change; protecting biodiversity; and upholding the highest standards of animal welfare.
- Socially sustainable by fulfilling every person's right to adequate, healthy, safe, nutritious, good quality and appropriate food; providing people with opportunities to enjoy and learn about Good Food; and encouraging diverse food cultures.

The University will adopt a whole-institution approach to Good Food by taking action within five key areas -

Sourcing; Provision; Practice; Research, Learning & Teaching; and Leadership & Culture.

Dedicated to Achieving Environmental Sustainability

KEY AREAS

1. Sourcing

The University will source food and drink that is produced to environmentally, socially and economically sustainable standards by; Using traceable ingredients that minimize harm to the environment from local suppliers who meet the standards. Upholding our Fair-Trade Policy by sourcing products from fair and ethical supply chains. Championing food that is produced and manufactured in our local community (from small and medium enterprises, third sector and supported businesses where possible). Using and highlighting seasonal ingredients on our menus.

2. Provision

The University will provide good value, high quality, healthy and sustainable food that meets dietary needs and enhances the wellbeing of staff and students by:

- Serving nutritionally balanced, freshly prepared food.
- Offering better quality meat and attractive vegetarian and vegan options.
- Raising awareness of healthy, sustainable choices (including meat-free options) and helping people make informed decisions by highlighting the provenance, seasonality and other sustainability and health aspects at the point of sale.
- Publishing nutritional information for all menu items.
- Actively encouraging water consumption and discouraging bottled water purchases by providing accessible tap water points across the University.

3. Practice

The University will act responsibly towards the environment and people employed in our supply chains, and we will our influence our suppliers to do the same, by:

1. Saving energy and water by efficiently managing our facilities and events. All new and replacement kitchen equipment will be electric (or induction where financially achievable).
2. Supporting the University's Zero Waste ambition by minimizing food and packaging waste wherever possible. This will include removing single-use disposables from university catering at every opportunity, discouraging the use of disposable items, exploring circular economy initiatives and ensuring no edible food is wasted.
3. Working with suppliers to reduce negative environmental impacts, including transport emissions, packaging and food waste.
4. Encouraging our suppliers to consider fair work practices and to subcontract or source according to best practice. We aim to leverage our relationships with local suppliers to promote fair work practices within the region.
5. Encouraging staff and students to conserve resources.

4. Research, Learning & Teaching

The University will support initiatives that deepen understanding, collaboration and action on Good Food by:

1. Encouraging opportunities for staff and students to learn about sustainable food and gain practical skills.
2. Supporting staff and student-led activities that enhance the University's food culture (e.g. food growing on campus, resource efficiency initiatives and shared actions with the Students).
3. Supporting research and teaching on sustainable food systems and using research to improve University practice.

5. Leadership & Culture

The University will seek to show leadership and adopt transparent and inclusive policies and practices that reflect the values of our staff and students by:

- Ensuring opportunities for dialogue between researchers, students and professional services staff.
- Publicly advertising the Good Food Policy, commitments and reporting on performance annually.
- Demonstrating leadership and maintaining best practice through external awards.
- Partnering with others in our community to promote Good Food.
- Procuring good food and related services in a sustainable and collaborative manner, demonstrating community benefits, gross value added, quality and value for money without risk to our reputation and to people who provide or consume food.



