

## Being a sustainable food service is about more than just sustainable packaging, it also includes offering a menu that supports your customers to consume a healthy and sustainable diet.

A healthy and sustainable diet aims to:

- meet nutritional requirements
- be healthy, safe, easily accessible, affordable and culturally appropriate
- have low environmental impact which includes minimising use of plastics in food packaging and maintaining biodiversity.

Sustainable and healthy diets:

- are high in unprocessed or minimally processed food and drink products such as fruits, vegetables, nuts and whole grains
- include a moderate amount of eggs, dairy, poultry and fish
- include a small amount of red meat
- ensure water is the drink of choice; promote this as the best choice
- limit ultra-processed foods and drinks such as discretionary items (packaged foods, processed meats and sugary beverages) which have a negative impact on the environment due to the number of resources required in the production, packaging and transportation of these foods.

**Take action  
in your food  
service:  
create a  
sustainable  
menu**



# What can canteens do to offer a sustainable canteen menu?

## 1. Menu planning to boost green items and reduce packaging

Plan a menu that prioritises health as well as sustainability.

- Choose foods from the five food groups in the Australian Guide to Healthy Eating. This is not only healthy for your customers but also for the planet. It ensures your menu is nutrient-dense and offers a variety of green foods (e.g. chicken and salad wraps, yoghurt granola fruit cups) that have been minimally processed whilst limiting the amount of ultra-processed foods, or red foods, which are to remain off the menu (e.g. sugary drinks)
- Find suitable suppliers for purchasing bulk items and recycled products
- Avoid pre-packaged items by making your own, such as icy poles, muffins, cheese and cracker packs.

**Take action: collect containers and drop them off at your local containers for change with the money going back into the canteen or club.**

## 2. Buy locally in-season produce



Buying in-season produce from local suppliers can help reduce the negative impact that producing, transporting, and storing food can have on the environment, including limiting greenhouse gas emissions and energy required to store and chill foods.

- The shorter the route (food miles) your produce needs to take from the farm to your canteen and into your customers' mouths the better it will be for our environment
- Buying locally also means that you will be supporting local businesses and the local economy
- Nurture a herb garden instead of buying herbs.

**Take action: Look for the Buy West Eat Best logo to ensure you are buying local products.**

## Produce by seasons\*

\*Not an extensive list

### Summer

- |                       |             |                |                 |
|-----------------------|-------------|----------------|-----------------|
| • Apples - Royal Gala | • Carrots   | • Grapes       | • Rockmelon     |
| • Apricots            | • Celery    | • Mangoes      | • Spring onions |
| • Avocados            | • Cucumber  | • Nectarines   | • Sweet corn    |
| • Bananas             | • Cherries  | • Passionfruit | • Tomatoes      |
| • Beans               | • Cabbage   | • Potatoes     | • Watermelon    |
| • Beetroot            | • Capsicums | • Peaches      | • Zucchini      |

### Autumn

- |   |               |                |
|---|---------------|----------------|
| • Apples - Fuji, Golden delicious, Granny Smith | • Capsicum    | • Mandarins    |
| • Bananas                                       | • Carrots     | • Passionfruit |
| • Beans   | • Cauliflower | • Pears        |
| • Broccoli                                      | • Cucumber    | • Peas         |
| • Cabbage                                       | • Grapes      | • Rockmelon    |
|   | • Kiwifruit   | • Watermelon   |
|   | • Lettuce     |                |



## Winter

- Apples - Pink Lady, Lady Williams, Sundowner
- Avocados
- Bananas
- Beetroot
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Grapefruit
- Grapefruit
- Honeydew melon
- Kiwi fruit
- Kale
- Mandarins

## Spring

- Avocados
- Bananas
- Broccoli
- Berries
- Blueberries
- Carrots
- Celery
- Lettuce
- Mandarins
- Nectarines
- Oranges
- Potatoes
- Spinach
- Strawberries
- Zucchini



## 3. Reduce your water waste

Did you know that keeping the water running for just one minute can waste up to 10 litres of water? Reducing your water waste in the canteen can help reduce your canteen's environmental impact

- **When washing fruits and vegetables:**
  - don't leave the tap running, use a bowl or fill up the sink
  - dispose of the water in the garden if using a bowl
- **If using a dishwasher:**
  - only do a wash once the dishwasher is full
  - do not pre-rinse the dishes beforehand. Did you know that pre-washing your dishes may double your water usage?
- **When waiting for the cold water to turn hot:**
  - don't let the water run down the sink, use a bucket or bowl to catch the cold water and use this to either water the garden or wash the fruit and vegetables.

**Take action: If purchasing a new dishwasher, find one that has a Water Efficiency Labelling and Standards (WELS) star rating of 4 or more.**

**This will help ensure you are purchasing a product that is water efficient!**

## 4. Reducing food waste in your canteen

Reducing the amount of food that your canteen throws out can help reduce the negative impact food waste has on our environment (and decrease your overheads, too). Food that is thrown out ends up in landfill, with other organic materials. A greenhouse gas known as methane is produced from the rotting of foods which negatively impacts our environment.

- Collect fruit and veg scraps for the local school compost or worm farm, or chickens or seek out a family who will use the scraps
- ensure stock rotation is a priority; check the used by and best before dates of products and create a shelf in your fridge of the products that need to be used up in the next weekend or home game
- implement portion control measures to ensure the correct quantity of produce is purchased and used.



**Take action: Purchase imperfect produce. The odd shaped fruit and vegetables are usually cheaper and still nutritious.**



## 5. Include meat free choices on the menu

Meat production, in particular beef and lamb, requires several resources such as energy and water and produces a number of greenhouses gases which negatively affect our environment. Red meat, poultry and fish contain important nutrients and are part of healthy and sustainable diet, however, including vegetarian options on the menu supports the health of customers and helps to protect our environment!

**Take action: Choose one home game to have a meat free BBQ!**

## 6. Advocate

The canteen is part of the wider community and has a pivotal role in advocating for a more sustainable community.

Share your sustainable practices in your club newsletters or social media pages



**Take action: Tag @fuelto goandplay so we can share your clubs sustainable success stories with other canteens.**

### References:

Dietitians Australia position statement on healthy and sustainable diets

<https://dietitiansaustralia.org.au/advocacy-and-policy/position-statements/healthy-and-sustainable-diets-position-statement-and-briefing-paper-2022>

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