

SUSTAINABLE PRACTICES IN YOUR KITCHEN

For more specific and actionable practices, complement these recommendations with a **lifecycle assessment** of your own facility.

Be conscious of energy use and cooking methods.

- Assess your kitchen's energy use.
- Purchase long-lasting and easy-to-clean and repair equipment, with energy efficiency in mind.
- Adapt cooking methods to your meal planning to optimize energy and time.
- Provide more cold dishes (fermented, marinated) and keep lids on pots and pans.
- Transition from gas to electric power.

3 | OPTIMIZE ENERGY

1 | CHOOSE INGREDIENTS WISELY

Prioritize fresh, plant-based ingredients and consider their environmental impact.

- Use more plant-based options.
- Choose fresh, locally sourced and seasonal ingredients.
- Reduce the quantity of with high climate impact ingredients (e.g. beef).
- Prioritize sustainable sourced ingredients.



2 | MANAGE WASTE

Make the most of ingredients and limit packaging waste.

- Measure and track your waste.
- Lean on your regional knowledge to repurpose leftovers in garnishes, stocks, stews and soups.
- Offer smaller portions and donate excess food.
- Purchase ingredients with no/limited secondary packaging.



4 | SAVE WATER

Take steps to help reduce water use in the kitchen.

- Right-size your pots and pans and steam food or use a pressure cooker, instead of boiling.
- Repurpose cooking water as a base for soups and sauces, being mindful of allergens and cross-contamination.
- Wash veggies in a container instead of using running tap water.



Keep taste, nutrition, and sustainability in harmony.

- Design balanced menus, including plant-based foods such as fruits, vegetables, nuts, & legumes.
- Be mindful about the proportion of foods on your plate.
- $\frac{1}{2}$ of the plate would be filled with fruits and veggies
 $\frac{1}{4}$ with wholegrains and tubers
 $\frac{1}{4}$ with protein, such as beans, nuts, fish, or poultry.

5 | AIM FOR BALANCE

