

Sustainable Food Action Plan



One of the easiest ways of ensuring that the food you provide is sustainable is to join a scheme such as the Soil Association's Food for Life Award.

Planning tool

Our menus and practices need to nurture a sustainable food culture within all Early Years settings. Use your answers as a basis to develop a sustainable food policy.

SUSTAINABLE FOOD ACTION PLAN				
	What you are doing now	Changes we can make now	Changes we plan to make	Goals
Menu planning				
Shopping				
Waste and storage				
Cooking				
Growing				

Sustainable Food Action Plan



Sustainable food checklist:

	Principle	Action	Do we do this?
Planning sustainable meals	Have fewer meat dishes	Follow Food and Nutrition for childcare settings – Best Practice Guidance to provide at least one meat free day a week.	
	Pulses, beans and peas	Use more in recipes.	
	Use sustainable fish	Use oily fish once a week and buy from sustainable sources.	
	Limit processed foods in menus	Follow Welsh Government, Food and Nutrition for childcare settings – Best Practice Guidance for use of processed foods from the different food groups.	
	Plan a variety of meals and snacks using seasonal produce	Plan menus around produce that is in season.	
Shopping for Food	Think Local	Buy foods which have been packaged and processed as locally as possible.	
	Bulk Buying	This can provide better value and you can freeze seasonal produce for use later.	
	Look for sustainable food accreditation	Buy products with symbols that indicate food is from a sustainable source, e.g. tinned tuna.	
Storing Food	Reduce food waste	Ensure use of appropriate portion sizes for children.	
	Recycle food waste	Use composting and/or local council food waste schemes.	
	Packaging and recycling	Buy food that has minimal packaging, no packaging or packaging that can be recycled.	
Useful resource	Love Food Hate Waste	www.lovefoodhatewaste.com/	