

SIX SMALL STEPS TO A MORE SUSTAINABLE MENU

Making six small swaps to a typical weekly school menu can make the world of difference when it comes to environmental impact.

MONDAY



OPTION 1:

BEEF BOLOGNESE

OPTION 2:

Veggie Bolognese

OPTION 3:

Jacket potato cheese & beans

SERVED WITH:

Salad, peas, sweetcorn

PUDDING:

Flapjack or fruit jelly

Reduce meat 80g beef –
60g beef + 20g lentils

SAVINGS:

CO₂ **303.16 kg**

Water **51161.3 l**

Biodiversity **16.72 m²**

TOP TIP: Add pulses and seasonal vegetables to ensure the dish remains high-protein and delicious. Reducing meat in dishes can save carbon and money, costs which can be spent on higher welfare choices.

TUESDAY



OPTION 1:

Sausage pie

OPTION 2:

CHEESE AND ONION FLAN

OPTION 3:

Jacket potato cheese & coleslaw

SERVED WITH:

Potato wedges, peas, carrots

PUDDING:

Strawberry or fresh fruit salad

Go organic with milk and cheese

SAVINGS:

CO₂ **2 kg**

Water quality

100% improvement

Biodiversity **35% increase**

TOP TIP: Organic products protect soil and biodiversity through a reduction in chemicals and synthetic pesticides during production. Reducing meat on menus can counterbalance any increased spend to switch to organic.

WEDNESDAY



OPTION 1:

Roast beef and Yorkshire pudding

OPTION 2:

Meat free fillet and Yorkshire pudding

OPTION 3:

Jacket potato beans

SERVED WITH:

ROAST POTATOES, BROCCOLI, CABBAGE

PUDDING:

Rice pudding or yoghurt with fruit

Swap to seasonal veggies

SAVINGS:

Broccoli* CO₂e **94 kg**

Cabbage** CO₂e **87 kg**

* Broccoli based on serving for 3 in season months.
** Cabbage serving for 6 in season months.

TOP TIP: Growing out of season vegetables uses more energy to replicate weather conditions. They often travel long distances too. In season vegetables are fresh, full of nutrients and locally sourced. When they're out of season, opt for frozen!

THURSDAY



OPTION 1:

Chicken curry

OPTION 2:

Sweet potato and lentil curry

OPTION 3:

JACKET POTATO HAM & CHEESE

SERVED WITH:

Rice, peas, salad

PUDDING:

Oat cookie or yoghurt

Offer a bean chilli topping instead of ham and cheese

SAVINGS:

CO₂ **177 kg**

Water **136705 l**

Biodiversity **35.78 m²**

TOP TIP: Beans and pulses are a great protein source, increase fibre in our diets, and reduce ingredient costs. Their environmental impact is lower than meat, especially meats like ham which undergo additional processing and packaging.

FRIDAY



OPTION 1:

Battered fish

OPTION 2:

Cheese and tomato pizza

OPTION 3:

Jacket potato cheese & tuna

SERVED WITH: Chips, mushy peas

PUDDING:

PEAR CRUMBLE AND CUSTARD

Use pears only when in season

SAVINGS:

CO₂e **50kg**

(based on pears being served for eight in season months)

TOP TIP: Why not use organic milk for the custard too?

ACROSS THE WEEK



Reduce food waste by 50%

SAVINGS: CO₂ **64 kg** Financial **£24**

TOP TIP
25-30% of all food produced globally is wasted. The UK hospitality and food service generate 2.87 million tonnes of food, water and packaging waste each year (WRAP).

WHY COOL FOOD PRO?

Food production and consumption generate around 30% of global carbon emissions. As caterers serve millions of meals every day, they can make big reductions in the environmental impact of their food to ensure their meals are not only nourishing and healthy but sustainable too.

Cool Food Pro is the innovative online carbon calculator, co-designed and tested by caterers to calculate potential environmental savings, not just for carbon but also for water and biodiversity. By reducing food waste, caterers can also easily see potential financial savings to help counteract rising food, staff and energy costs.

Our example menu changes shows how a few small, easy to implement steps could save almost 10 000 kg of CO₂e over a year.

6 TOP TIPS

FOR A MORE SUSTAINABLE MENU

- 1 Improve menu displays to engage customers
- 2 Adjust portion sizes to minimise food waste
- 3 Use less but higher welfare meat and fish whilst increasing beans and pulses
- 4 Swap staple ingredients to organic
- 5 Buy ingredients in bulk rather than individually packaged portions
- 6 Repurpose leftover food to make meals across the week

Swaps are based on each dish being served twice per month in an average primary school of 210 primary children. Beef reduction savings based on reducing meat from 80g-60g. Seasonal fruit and vegetables swap based on serving 40g fruit/veg per child. *Broccoli based on serving for 3 in season months. **Cabbage serving for 6 in season months. Organic swap based on 2kg cheddar cheese, 1.2L milk

For more information visit www.coolfoodpro.net

TO MAKE A MOVE TO MORE SUSTAINABLE PRACTICES, SIGN UP HERE

  @SAFoodforLife

FOOD FOR LIFE, C/O SOIL ASSOCIATION, SPEAR HOUSE,
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The six small swaps on this school menu, with each dish served twice a month to 210 primary children, would generate savings of:



777.16 kg
Co₂e



187 866 l
water



52.5 m²
imported
deforestation



Increase
biodiversity
by 35%



Improve water
quality by 100%



Why not try this low carbon recipe?
Beef Bolognese alternative

