

# Planetpro

NESTLÉ PROFESSIONAL SUSTAINABILITY MAGAZINE

## NO TIME TO WASTE

The Restaurant's Role  
in Reducing Trash



Waste by  
the Numbers

Unpacking  
the Problem

The Leftover  
Dilemma

# *welcome to* PLANETPRO



Nestlé is always looking for ways to bring you a brighter future. At Nestlé Professional, our goal is to support our customers in the food service industry, helping to share insights and knowledge of the emerging trends, important issues, and best practices you need to Make More Possible.

Building upon the great feedback we've received for our Nutripro magazine, which focuses on nutrition, health, and wellness, we are extending the same level of support to another issue that affects all of us: sustainability. Therefore, we are proud to launch a new magazine that will be published every year: Nestlé Professional's Planetpro.

This magazine will cover a range of environmental topics that are closely tied to the food service business. By sharing this information, we aim to help you find ways to reduce your business's environmental impact and work together to protect the planet.

We know that our industry is facing severe challenges during the pandemic. Nestlé Professional is deeply engaged in supporting all customers throughout the restart. We know that sharing, joy, celebrating, and living will never stop. We are here to support you and are always open for you.

*We hope you enjoy  
this first issue.*





WORKING  
TOWARD ZERO

# *waste*

IT'S TIME TO STOP  
ADDING TO LANDFILLS.

How much waste does your business produce? Even for the environmentally-minded among us, when you start to add up everything you throw away on a weekly basis, the answer may be surprising.

There are many reasons to cut back on waste. It is clearly one of the right things to do in terms of protecting the environment: our planet has limited resources and we need to use them wisely if we want them to last for generations. Moreover, it can save your business money—which is more important than ever in the wake of the COVID-19 pandemic.

And finally, reducing waste is important to your customers. That means it should also be important to you if you want to attract new guests and keep the ones you have.

In this issue, we'll take a hard look at this topic and show you some practical ways you can manage waste throughout your

workflow, from delivery to food prep and disposal. We'll help you understand how to spot waste, what contributes to it, and how you can introduce better practices that reduce waste in every part of your business. Let's get started.



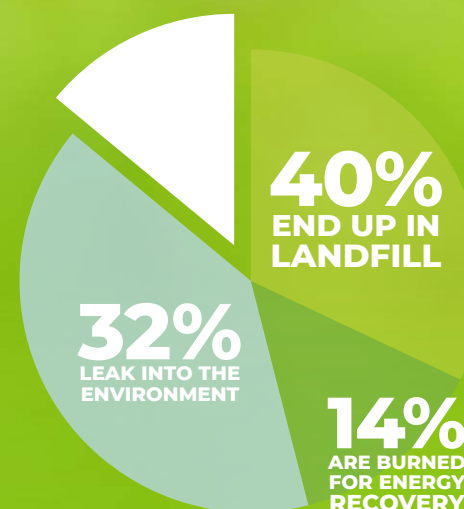
# *waste by the* NUMBERS

FOOD SERVICE  
WAS RESPONSIBLE  
FOR OVER  
**25%**  
OF THE 931  
MILLION  
TONNES  
OF FOOD WASTE  
GENERATED IN 2019<sup>1</sup>

**70%**  
OF WATER USE  
WORLDWIDE  
IS USED FOR  
AGRICULTURE  
IRRIGATION<sup>2</sup>  
SO WASTING FOOD  
=WASTING WATER

**8**  
MILLION  
METRIC TONS  
OF PLASTIC END  
UP IN THE OCEAN  
EACH YEAR<sup>3</sup>  
—ENDANGERING  
FISH, SEA BIRDS,  
AND OTHER  
MARINE LIFE

ONLY  
**14%**  
OF PLASTICS  
ARE RECYCLED  
YEARLY<sup>4</sup>



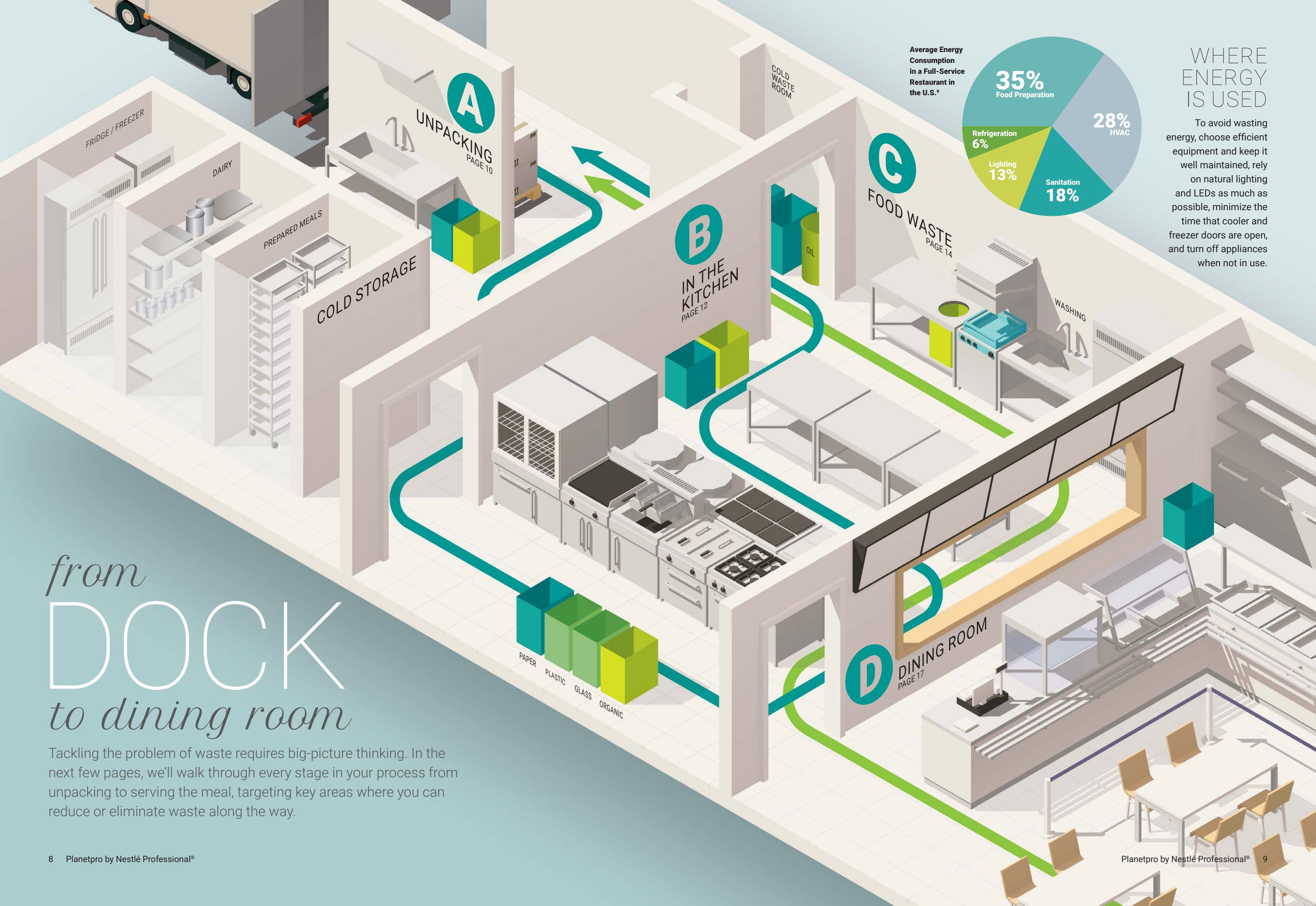
WASTE  
PREVENTION  
SOLUTIONS HELP  
RESTAURANTS  
INCREASE  
PROFIT BY  
**\$620**  
MILLION  
EACH YEAR<sup>5</sup>

**78%**  
OF U.S.  
CONSUMERS  
SAY THEY HAVE  
TRIED TO REDUCE  
THEIR VOLUME OF  
FOOD WASTE  
IN 2020<sup>6</sup>

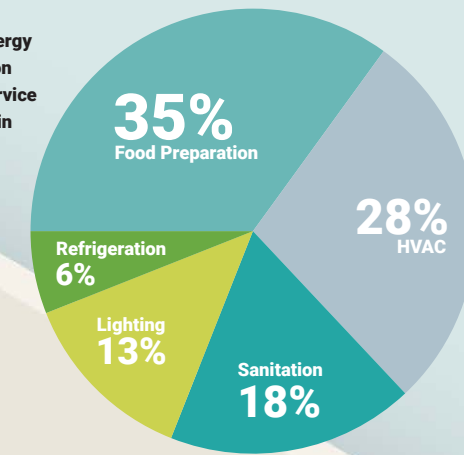
FOR EVERY  
DOLLAR  
SPENT ON  
FOOD WASTE  
REDUCTION,  
RESTAURANTS  
CAN YIELD  
**\$8 IN**  
COST SAVINGS<sup>7</sup>

**28%** OF CONSUMERS HAVE AVOIDED  
DINING OUT DUE TO CONCERNS  
ABOUT SUSTAINABILITY<sup>8</sup>  
THAT PERCENTAGE IS EVEN HIGHER (48%) FOR 18-24 YEAR OLDS





Average Energy  
Consumption  
in a Full-Service  
Restaurant in  
the U.S.<sup>9</sup>



## WHERE ENERGY IS USED

To avoid wasting energy, choose efficient equipment and keep it well maintained, rely on natural lighting and LEDs as much as possible, minimize the time that cooler and freezer doors are open, and turn off appliances when not in use.

# from DOCK to dining room

Tackling the problem of waste requires big-picture thinking. In the next few pages, we'll walk through every stage in your process from unpacking to serving the meal, targeting key areas where you can reduce or eliminate waste along the way.





# unpacking

## WASTE PROBLEMS

From ingredients to paper goods and cleaning supplies, most of the items that your business purchases will arrive in some type of packaging. To reduce packaging waste, strive to follow the three Rs of sustainability.

### REDUCE

Ask suppliers to use sustainable packaging materials or minimize their packaging, using just enough to protect ingredients en route. You can also order in bulk when possible so you have fewer cartons and less plastic wrap to dispose.

### REUSE

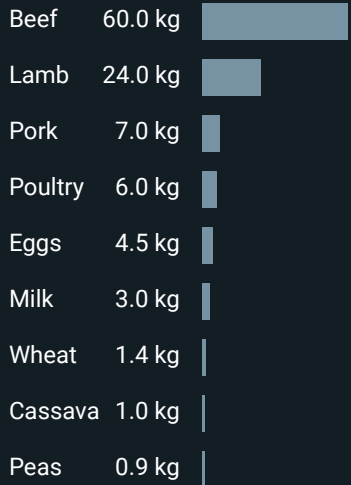
Instead of single-use packages and wraps, ask for refillable or reusable containers like kegs, plastic crates, and tarps. Once containers are empty, set them aside in a designated space until the supplier can pick them up again.

### RECYCLE

Look up your local ordinance to see which materials can be recycled and how they should be cleaned and sorted. Then train staff accordingly, making sure they know recycling is important. You can make the process easier by designating collection areas. Arrange for pickup or drop-off of materials on a regular basis to keep your business clean and uncluttered.

### GREENHOUSE GAS EMISSIONS<sup>10, 11</sup>

PER KILOGRAM OF FOOD



## CHOOSING MORE SUSTAINABLE INGREDIENTS

Certain types of food place more strain on the environment due to their water or land requirements, carbon footprint, agricultural chemicals, biodiversity concerns, or other environmental pressures. While you probably don't want to remove all of these foods from your menu, it's good to understand their impacts and choose ingredients thoughtfully so you can avoid wasting limited resources.

### FRUITS AND VEGETABLES

Fruits and vegetables can vary widely in terms of environmental impact, so consider the tradeoffs when choosing ingredients. Produce grown far away also requires more transportation fuel and refrigeration to stay fresh during shipping, while locally grown produce can go from farm to fork with a lower environmental footprint, if produced by responsible suppliers.

### FISH

Certain organizations, such as The Seafood Watch, publish lists to help businesses and consumers choose fish and seafood options with the least impact on marine life and the environment.<sup>12</sup> Recommendations vary by location.

### MEAT AND POULTRY

The carbon footprint of animal protein can vary widely, with beef and lamb contributing the most greenhouse gases. As you can see in the chart, the carbon footprint of animal protein can vary widely but beef and lamb contribute the most to greenhouse gases. That's mainly because of methane production from cows and land conversion for grazing and animal feed.<sup>10, 11</sup>



# more

## FROM EVERY INGREDIENT

Generations of cooks have learned to squeeze every ounce of goodness from their ingredients. And many time-honored techniques are also effective ways to cut down on kitchen waste.

### PREPARE TO PLEASE

**Provide a range of portion sizes on the menu so guests can match their order to their appetite.**

**Cook dishes only on demand, or use past orders to forecast proper amounts.**

**Let guests choose their own sauces and side dishes so they won't leave foods they dislike on the plate.**

**Train and mentor staff to avoid recipe and cooking mistakes and to follow serving size guidelines.**

### GETTING MORE FROM LESS

#### SPENT COOKING OIL:

- Partner with a vendor who can equip your kitchen to trap spent grease and cooking oil, schedule pickups, and haul it away to repurpose it as biofuel or a supplement for animal feed.

#### FRUITS, VEGETABLES & HERBS:

- Use only edible garnishes.
- Add shredded trimmings and peels to stuffing, meatless burgers, or breads.
- Chop stems, cores, and extras for slaws or quick pickles.
- Use blemished pieces in salads or mashes.
- Tie onion skins and peelings into cheesecloth and cook in broth to add colour.
- Mash or mince them to flavour butter.
- Purée starches to create a thickener.
- Cook extra or overripe fruit in jam, sauces, pies, or cobblers.
- Extract juice from produce for smoothies, syrups and infusions.

#### ANIMAL PROTEIN AND CHEESE:

- Cut up trim scraps for salad, quiche, or soups.
- Boil poultry carcasses with leftover vegetables to make stock that you can freeze.
- Roast bones and cook with tomato paste, aromatics, and herbs to make fond de sauce.
- Add cheese scraps and rind to flavour broth with umami.

#### BEVERAGES:

- Add sugar to extra coffee grounds and use as a rub for meat.
- Use extra dairy products in chowder or pudding.
- Freeze juice or coffee for flavoured ice cubes that won't water down drinks.





# THE LEFTOVER *Dilemma*

Despite your planning efforts, there's usually extra food that you didn't serve left at the end of the night. What can you do with it to reduce waste?

## SAVE IT

- As long as the quality of the food won't suffer and you have the storage space, you can always store it for future use.
- Be sure to label the storage container with the contents and date you prepared it.

## GIVE IT AWAY

- After the shift, give remaining food away to employees.
- Give to charity, making arrangements with non-profits like local soup kitchens or food pantries so you can put your food to good use and build goodwill in your community at the same time. Keep records of these donations so you can claim them as tax deductions where allowed by law.
- Make arrangements with your nearby farms (including your suppliers) to use your scraps for animal feed.
- Partner with apps like Too Good To Go, that proposes to consumers to buy unused food at a discount.

## MOVE IT

- Mark food down by 1/3 as you near closing time.
- To draw attention to this option (and potentially build your late-night traffic), advertise the savings on social media and provide coupons.



# COMPOSTING

## Do-it-Yourself

If you have the space and time, turning scraps into compost can be very rewarding. You can find bins online, build your own, or even use a bucket.

### HERE'S THE BASIC APPROACH:

1. Pick a site, indoors or outdoors.
2. Create a bin.
3. Layer food waste, dry plant material like leaves or sawdust, and soil.
4. Add water to keep the pile damp.
5. Stir the mixture to aerate.
6. Wait 2-3 months, continuing to aerate and keep the mixture damp.
7. Use the completed compost in your garden and containers.

If you produce enough compost, you can give some away to your produce suppliers and/or customers.

Remember to promote your efforts to the public!

## Partner with a Provider

If you're limited on space or have too many scraps, look for an industrial service that will provide bins and haul your compost away for processing. Follow these guidelines:

### COMPOSTABLE Put it in the bucket

- Fruit and vegetable scraps
- Meat, bones, fish products
- Pasta, bread, cereal
- Cooked foods
- Dairy products, egg shells
- Coffee grounds
- Pure paper items (e.g. Flour and sugar bags)
- Items labeled BPI Certified Compostable

### RECYCLE BIN OR TRASH

- Plastic (unless labeled compostable)
- Paper items
- Styrofoam meat trays
- Aluminum foil
- Clam, oyster & mussel shells
- Candles, synthetic corks & gum
- Cigarette butts, tobacco
- Disposable mop sheets
- Recyclable materials
- Items labeled Oxo-Biodegradable

Check local sorting facilities and recycling rules on your country.  
If composting is not possible, give priority to recycling!





# AT THE *table*

Dinner is served, but waste reduction doesn't end here. There are several steps you can take to prevent or cut back on waste as you serve the meal and clean up after your guests.

## **Casual/Family Style/Fine Dining**

- When guests choose smaller portions, use smaller plates to help them perceive a better value.
- Where the practice is acceptable, offer to wrap uneaten food so guests can finish it at home.
- Set up a collection point in the dish room where usable food scraps can be salvaged for composting. Train staff to separate food scraps from garbage to prevent contamination of compost.

## **Fast Casual/Takeout/Business & Institutions**

- Replace single use plastic containers with reusable and recyclable options when possible.
- Where paper napkins are used, offer 1-2 per guest instead of unlimited access.
- Help guests dispose of items properly on-site by providing separate bins for composting, recycling, and trash along with pictures and simple instructions.
- Set up bins for recycling and try a deposit scheme to encourage returns of reusable to-go containers.



# *Getting on the right* TRACK

No matter how much space, budget, or time you have to allocate to reducing waste, you can start to make changes today.

- 1 Measure how much waste your business produces in 1 week. For a big-picture look at your waste, place a scale under your trash and recycling bins and add up your total weight for the time period. You could also sort trash into basic categories like packaging, spoilage, food prep, and leftover food on plates to identify areas that need improvement.
- 2 Target the practices that led to the greatest waste, and look for ways to improve them, such as adjusting ordering or cooking quantities, retraining staff, sending more to composting/recycling, or tweaking menus.
- 3 Set some achievable goals to reduce your waste.
- 4 Measure categories again after a week or a month.
- 5 Track your progress.
- 6 Report your progress to customers to show you're walking the talk.
- 7 Continue to set and work toward new goals and establish better practices.

*Let's all do our part, waste less  
and save resources for the future.*



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