



Climate Friendly

MADE WITH THE PLANET IN MIND. REDUCING EMISSIONS THROUGH BETTER FOOD PRACTICES.

WHY

Climate change is an urgent, global issue. At present, our food systems contribute to 20-30% of global greenhouse gas emissions. Food may be the strongest lever to optimise human and environmental sustainability on earth, and this is how you can make a difference.

DID YOU KNOW?

Our food systems are the leading cause of deforestation and biodiversity loss, and accounts for 70% of all human water use (FCRN, 2014).





Climate Friendly

A GLOBAL CALL TO ACTION.

Aramark's Climate friendly recipes are our approach to nutritional sustainability, which is "the ability of a food system to provide sufficient energy and the amounts of essential nutrients required to maintain good health of the population without compromising the ability of future generations to meet their nutritional needs." (Smentana et al 2019).

Our approach is in line with the UN's Sustainable Development Goals - a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.

Within Climate Friendly you will see recipes that have a significantly lower carbon footprint. You will be eating ingredients that have lower greenhouse emissions. You'll come across certain types of grains that minimise the consumption of water and that utilise re-generative crops to aid agricultural bio-diversity.

MADE WITH THE PLANET IN MIND. REDUCING EMISSIONS THROUGH BETTER FOOD PRACTICES.

Climate change is an urgent, global issue. As society expands and develops, a range of activities in our everyday lives are producing an excessive rise in greenhouse gas emissions (GHG). The accumulation of these gases in the atmosphere is leading to climate change and global warming.

At present, our food systems contribute to 20-30% of global greenhouse gas emissions and is the leading cause of deforestation and biodiversity loss worldwide. Food therefore might just be the strongest lever to optimise human and environmental sustainability on earth. This is where you can make a difference.



Climate Friendly

THE 10 KEY PRINCIPLES

1



FLEXITARIAN

Our recipes are based on a flexitarian approach (75% plant based and 25% animal protein) which is considered the 3rd most climate friendly diet by the UN. Plant-based foods are known to have a smaller carbon impact than foods derived from animals overall.

While many people might not be interested in excluding meat from their diets entirely, even a reduction in animal-based products has been shown to make a significant impact in lowering GHG emissions.

Using this broadly accepted and palatable approach, we hope to make a bigger impact by engaging with a significantly higher number of clients and consumers.

2



WELLNESS CRITERIA

Each recipe is analysed to ensure it meets our health and wellness criteria, therefore ensuring each recipe is both good for planet and person. We believe that health and sustainability must be conceived as a duality in which each creates and conditions the other.

Sustainability must be conceived in a health perspective and health must be conceived in a sustainability perspective.

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ANIMAL PROTEINS

As per the Flexitarian approach, some meat proteins are acceptable within this menu framework. Options with relatively low carbon footprints have been selected, and substitutions are not permitted.

These options are limited to higher welfare poultry or MSC/ASC certified fish. Recipes using red meat of any kind will not be permitted as part of this menu framework, including beef, pork, or lamb.



Climate Friendly

THE 10 KEY PRINCIPLES

4



SEASONALITY

Using local and in-season foods enables us to use ingredients at their peak in nutrient density while also aiming to reduce transport miles.



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DEFORESTATION

Agriculture requires a great deal of physical space. Some products, such as those derived from animals, fruit trees, palm and more, require more than others. Support dedicated to sourcing practices that forbid further conversion from forest to farmland may help offset current levels of GHG emissions.

5



USE OF ECO-FRIENDLY PACKAGING

Any recipe that requires packaging within the climate friendly range must ensure that it is either biodegradable or recyclable.

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FOOD WASTE

If food waste was a country, it would be the 3rd highest emitter of GHG after the US and China (FAO 2013). Our goal is to minimise, and where possible, eliminate food waste



Climate Friendly

THE 10 KEY PRINCIPLES

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SOIL REGENERATION

While many crops are extractive of minerals as they grow and deplete the soil in which they grow over time, there are others that can actually store valuable minerals such as Nitrogen and improve the health of the soil.

Pulses are an excellent example of regenerative crops and are a good choice on a climate-friendly menu.

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WATER INPUTS

Everything requires water to grow, and generally speaking it takes more water to raise animals used in agriculture than plants.

However even within categories of plant-based foods there are options that minimize the consumption of fresh water resources. For example, certain types of grains can withstand limited periods of drought that would be highly destructive to most crops.

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AGRICULTURAL BIODIVERSITY

Over time, the global farming community has come to rely increasingly on a shrinking number of plant and animal species. As a reduced variety of foods are produced, the risk of catastrophic crop, pollinator and livestock collapse caused by pest, disease and weather events increases dramatically. Adding a less common variety of fruit or vegetable to a recipe might contribute greater food security around the world.



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INGREDIENTS USED

MEAT



As per the Flexitarian approach, some meat proteins are acceptable within this framework. Options with relatively low carbon footprints have been selected, and substitutions are not permitted.

YOU WILL FIND:

Higher welfare locally available chicken, turkey and MSC/ ASC fish

WHAT YOU WON'T FIND:

Red meat, meat substitutes, farmed prawns/ any fish on the endangered species list



BEANS AND PULSES



Beans and pulses can improve soil fertility and reduce dependence on energy-intensive fertilisers. Not only do they have a low carbon footprint, they also require a lot less water. Pulses therefore offer a viable source of protein when looking to reduce carbon footprint.

YOU WILL FIND: Black turtle beans, broad beans, butter beans, chickpeas, cowpeas, kidney beans and lentils

DAIRY



Soft cheeses have a relatively low carbon footprint. As a staple ingredient in so many recipes, milk can be critical to a well-balanced menu. The use of plant-based milks can help to reduce the footprint associated with the production of dairy milk.

YOU WILL FIND:

Soft cheeses (e.g. goats cheese, brie, ricotta, feta), oat milk and soy milk

WHAT YOU WON'T FIND:

Hard cheese (e.g. cheddar/parmesan) and almond milk



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INGREDIENTS USED

FRUIT AND VEGETABLES



Organic crop production, due to a reduction in energy-intensive inputs, can have a lower footprint than conventional production. We make every attempt to ensure that items are sourced locally and seasonally.

YOU WILL FIND:

Fruits and vegetables that are sourced locally and seasonally

WHAT YOU WON'T FIND:

Avocados, citrus and tropical fruits



NUTS AND SEEDS



One of the biggest factors in how environmentally friendly nuts are is their water footprint. Some nuts and seeds are more sustainable than others. We selected the ones that have a lower water footprint, have less impact on the environment through growing, and are good for health.

YOU WILL FIND:

Chia seeds, flaxseeds, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, sesame seeds, sunflower seeds and walnuts

WHAT YOU WON'T FIND:

Almonds



OILS AND SPREADS



The production of cooking oils can be environmentally volatile depending on production. We've chosen oils that are less likely to contribute to further global deforestation. This means that animal-based cooking fats are not permitted in our Climate Friendly framework.

YOU WILL FIND:

Rapeseed or sunflower oil

WHAT YOU WON'T FIND:

Butter, margarine, olive/hemp/flaxseed oil



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INGREDIENTS USED

GRAINS



Grains are far less resource-intensive to produce than animal foods, however some whole grains are more climate friendly than others. Whole grain options are generally more environmentally friendly and come with added nutritional benefits.

YOU WILL FIND:

Amaranth, buckwheat, finger millet, fonio, Khorasan wheat, oats, quinoa, spelt, whole grain pasta and wild rice

WHAT YOU WON'T FIND:

White rice

OTHERS



Some other ingredients have been carefully selected and used in our Climate Friendly recipes.

YOU WILL FIND:

Algae (seaweed), free range eggs, dried herbs, nutritional yeast, spices, Fairtrade sugar and vinegars (petroleum free).

WHAT YOU WON'T FIND:

Vanilla





Core Food

CLIMATE FRIENDLY MENUS

CLIMATE CHANGE



Recipes that utilise food that have a significantly smaller carbon footprint - therefore reducing the environmental impact.

DEFORESTATION



Ingredients and recipes that have lower GHG emissions.

Require smaller land mass and removes the need for deforestation

Reduces the need for further conversion of forests to farm land.

WATER INPUTS



Minimise the consumption of freshwater reserves - certain types of grains can withstand limited periods of drought that would be highly destructive to most crops.

SOIL REGENERATION



Utilise regenerative crops that store valuable minerals e.g. nitrogen in the soil - e.g. pulses and grains

AGRICULTURAL BIODIVERSITY



Increases the variety of fruit & vegetables in our diets that promotes greater food security around the world - Increased variety of plants -e.g. vegetables and fruits