

# Food Procurement Policy



Food procurement not only effects the wider global environment but can also directly affect the health of the individuals who eat its result.

Sustainable food procurement allows both the healthy eating, economic, environmental and animal welfare agendas to be combined and acted upon.

At Eden we are passionate about sustainable development. Our food procurement policy is primarily informed by the sustainable agenda.

## **Provide our clients and staff with healthy and nutritious food**

We avoid buying processed foods preferring to buy raw and staple ingredients.

We prepare and cook simply to retain our food's maximum health & nutritional impact.

No artificial preservative, colouring or flavouring are used in our cooking.

We provide fruit in virtually all our Working Lunch set menus.

We aim to limit fried items to one per season, preferring to bake, roast, poach, smoke or steam.

Our raw fruit, raw vegetables, raw meat, raw fish and bread bills constitute 60% of our total food expenditure.

### **“Home” made**

As described above, whenever possible we will choose to make our own version of everything we serve. This extends to buying and foraging local fruit and vegetables when in abundance to make our own cordials, jams, dressings, dried fruits, candied fruit and chutneys. This gives our food an authenticity, nutritional value and uniqueness of flavour we cherish.

### **Purchase food with the least carbon footprint**

We will always work to reduce our carbon footprint. We consider the food we buy a contributor to this ambition. By buying raw materials manufactured as close to Eden as possible, we are buying food which has itself acquired a lower footprint.

The requirement to offer a varied menu throughout the year does mean it is not always possible to buy UK manufactured or grown produce. We will buy from the closest possible source (eg. Spain over Chile), providing the quality and price are not prohibitive. Best practice where this is concerned is however not straight forward. Has a six month old refrigerated English apple retained a lower footprint than the new harvest Spanish shipped to market soon after picking?

Raw ingredients have a lower carbon footprint having not undergone intensive processing or cooking. Packaging and refrigeration is significantly more efficient.

In most cases our food undergoes only one cooking cycle.

In house we use filtered and chilled tap water.

### **Support the local economy & reduce delivery miles by buying food from suppliers as close to Eden as possible**

We have reduced the average delivery miles for our food from 28 to less than 17 miles over the last fourteen years, achieved by steadily finding and selecting suppliers located closer to us. The policy is twofold, first to reduce the delivery miles and therefore fuel used but also to support local suppliers.

### **Buy food in season**

We change our main menus three times per year. This is in order to avoid menu fatigue, but also to allow us to incorporate seasonality to the raw ingredients. Food in season is by its nature fresher with a significantly lower carbon footprint.

### **Use food sourced (made, baked, grown or farmed) in the UK**

We will always choose to buy as much food which has been baked, farmed, made or fished in the UK as is possible. Our ability to do so is however dictated by the market so fixed rules are difficult to apply, in particular for vegetables and fruit. If a UK item is available in the market (New Covent Garden) it will be bought as long as the price is not prohibitive. Our meat will always be from UK bred (Beef now ROI due to halal slaughter method) animals and poultry, our fish from UK waters.

### **Meat**

Our MEAT is virtually in all cases certified Free Range and from UK farms.

It's difficult for us to guarantee that all meat will be sourced from a particular farm or supplier due to our purchasing volumes, but in most cases, it will be as follows:

All gammon to be from Blythburgh Farm in Suffolk.

All beef to be from Liffey Farm of Co.Caven in Ireland

All chicken to be from Poultry farms in the home counties.

As well as our meat being from UK farms and certified free range, we have also asked that all meat supplied to us is sourced from farms that promote the use of good animal feed and

adhere to responsible antibiotic usage, this includes minimizing and avoiding inappropriate use of antibiotics.

### Eggs

Our eggs are from freedom food RSPCA certified free range hens.

### Fish

Our FISH and seafood is from UK farms or waters and the majority bought from James Knight, one of the most sustainable fishmongers in the UK and located less than ½ a mile from us. All fish supplied to us to be rated 3 or less (yellow) or equivalent on the MCS (Marine Conservation Society) Good Fish Guide.

Our most important fish is salmon. This is MSC certified from a zero-carbon footprint farms

### Coffee & Tea

The majority of our coffee is fair-trade (Tchibo) and tea organic (Solaris Botanicals).

### GM Foods

We confirm that we will never knowingly buy any food item which either is genetically modified or contains genetically modified ingredients. In addition it is not our intention to introduce such foods in the future.

### Palm Oil

We do not buy palm oil or any item which contains non-certified palm oil.

### Alternative Protein

Protein derived from livestock is a luxury our planet's growing population cannot support. 10kg of grain is required to produce 1kg of beef. The methane produced by cattle is 23 times more damaging than CO2 as a Green House Gas. In response to this we are and will continue to gradually reduce, in particular, the quantity of red meat purchased and generally increasing the proportion of vegetarian and vegan food offered on menus. This is not a plan with a specific

deadline or target but a gradual shift to fit with our client's growing awareness and acceptance of vegetarian as a preferred option. For menus which naturally contain a mix of vegetarian, meat and fish items, historically our menus have contained around 45% vegetarian or vegan items. This ratio is now up to between 65% and 70% for all menus.

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