

Unit 305: Sustainability in professional kitchens

Worksheet 9: Understanding sustainability in the hospitality industry (Tutor)

1. Discuss how the seven food categories contribute to waste in a professional kitchen:

- Potato products
- Bakery
- Pasta/rice
- Fruit/veg
- Meat/fish
- Dairy/eggs
- Whole servings

2. Identify ten steps you could introduce for a sustainable professional kitchen:

- Engage staff
- Identify current issues
- Identify key areas where waste is generated
- Develop waste tracking systems
- Set SMART targets
- Staff training
- Identify technologies, policies and programs
- Implement new systems
- Continue improvement ideas
- Recognise staff achievement