

Eden Caterers

Sustainable Updates
Summer 2019



A bit about Eden...

Eden have been delivering seasonal, stylish and sustainable food to companies across Central London since 1993. This has placed us in good stead to know what our customers want and we do it in a uniquely sustainable way, with a team of passionate foodies behind every decision.

We offer a range of Standard and Premium menus featuring a fantastic mixture of vegetarian, vegan, meat and fish items. Our food is suitable for a wide variety of events – from business breakfasts for 6 to awards ceremonies for 2000.

Each weekday day we feed over 2000 people. In fact, last year we fed over 300,000 people altogether. This included over 950 organisations, one of which who placed 2700 orders alone.

We are proud to have a 3-star rating, the highest possible, from Food Made Good and the Sustainable Restaurant Association, positioning us as London's most sustainable caterer.



Our Food

Changing our menu three times a year gives us the opportunity to utilise seasonal ingredients whilst introducing new recipes.

In response to the ever-growing understanding of the need to reduce meat, our menus are made up of over 70% vegetarian and vegan items. Some of our latest additions include the *Maple Roasted Sweet Potato Skewer*, the *Flat Bread with Moroccan Houmous* and the *Vegan Winter Meze Plate*.

For summer, we utilised raspberries in our dishes. You could find this sweet ingredient flavouring our *Raspberry & White Chocolate Mousse*. We also reintroduced our homemade raspberry coulis into our breakfast pots, including the vegan-friendly *Soya Yoghurt Pot with Raspberry Coulis* and even created a brand new nutritious smoothie flavoured with *Beetroot & Raspberry*. To switch this up for the Winter season, we've turned our attention to Blueberries in our Breakfast Pots.

We buy local ingredients from suppliers who share the same sustainable ethos as us. For instance, our fish supplier James Knight of Mayfair now deliver our fresh fish by bicycle! We have also switched our chicken supplier to free range poultry farm, Springfield. After visiting their site in Herefordshire, it was clear that Springfield is as passionate about providing quality produce as we are, raising happy chickens with unrestricted access to fresh pastures and fresh air.



Our Operations

We have replaced our entire delivery fleet with ULEZ compliant Euro 6 low-emissions vans. We use a system that optimizes delivery routes to ensure we are travelling minimal miles. Check out Iveco's video case study about us [here](#).

So far since 2019, the percentage of deliveries on time has been consistently above **99.7%** - it's important that we strive to set the best standard and that our operations meet this.

We have installed technology to ensure we are minimising our water and energy usage throughout our kitchens. This includes using 100% electric cookline induction hobs and investing in large brat pans to batch cook meals, saving energy.



Our People

We aim to be open, honest and clear in communicating with both our staff, our clients and the wider community. We pride ourselves on creating a fun, friendly and positive place to work, as well as engaging with stakeholders regularly.

As a responsible employer, we pay at least the London Living Wage to all of our employees and offer a wellness programme, including free nutritious lunches, filtered water and the introduction of monthly yoga classes.

We work with the Waterloo Foodbank as their operational partners to ensure that donations are delivered to those in need. We also donate a portion of our profits to chosen charities and try to sponsor charitable causes throughout the year, such as the Robes Homeless Sleepout.

The Waterloo BID hosts a Food Fortnight every year, which gives us a chance to get involved and meet the community whilst also showing what Eden does. This year, we hosted Chocolate Workshops at a special discounted price and are looking to plan more of these events in future.



Zero to Landfill

We send zero waste to landfill. Instead, we recycle our waste into different waste streams and opt to reuse wherever possible.

Our team are trained on advising clients the best portion sizes for their events to minimise food waste. In the rare instance that any food does come back to us uneaten, it is recycled using a process called anaerobic digestion, which 'prevents between 0.5 and 1.0 tonne of CO2 entering the atmosphere'.

We have recently invested in our own Orca machine that can do the same job, but on our own premises. This means our food waste is now digested on site and then turned into water, which is filtered through our existing plumbing infrastructure and will end up becoming drinking water again. By doing this ourselves, we can eliminate the miles driven by trucks to collect our waste.

The stats for this are amazing. In just one week, we recycle approximately 580kg of food waste. This amounts to 0.38kg less methane gas generated, 510kg less greenhouse gasses emitted and 150 litres less fuel being used.



Reducing Plastic

Our ultimate mission has been to remove the single-use plastic we use from the business entirely. As a catering company, the priority is to ensure that our food and drink always arrives fresh and suitable to serve and we have worked hard to source plastic-free products that deliver this promise.

We are pleased to announce that we have eradicated the black single-use plastic platters from the company and replaced them with palm leaf platters. They are eco-friendly, made from naturally fallen palm leaves from the Adaka nut palm and best of all, not plastic.

Similarly, we have worked closely with a supplier to create a corn starch based PLA film to cover and keep our food fresh – the first of its kind. PLA does not emit harmful toxins when it is burnt, unlike the black PET plastic we previously used.

We have also changed our mini dessert pots to PLA plastic as well as making all cutlery compostable Vegware.



The S Word

For us, sustainability is key. It informs everything we do, from where we source our ingredients, how we cook our food through to the lights we use in our head office.

Our knowledge and passion on the subject puts us in a good position to offer a free sustainability advice service to our clients.

Please see some of the fantastic things we do that contribute towards us receiving a 3 star rating, the highest possible, from the Sustainable Restaurant Association.

Nick

Nick Mead,
Managing Director



the percentage of lights in our head offices that are now LED

100%



we actively forage for our own ingredients when possible & in season, like berries for our jams & elderflower for our cordials



UK

where we source all of our **FREE RANGE** meat & poultry, as well as sustainably sourced fish



3★

the star rating we have from the Sustainable Restaurant Association (SRA) - the highest possible rating



50,000

the number of busy bees we keep, who make our fresh honey



3

the number of times we change our menus each year to incorporate seasonality

74%

the approximate amount of items on our menus that are vegetarian



slow

our meat is slow-roasted in house overnight to increase tenderness & reduce energy use



corn starch!

we use palm leaf platters as well as vegware cutlery and PLA film and pots for our food



proud to be paying all staff at least the London Living Wage



17

the average miles our low emissions delivery vans travel each day



we are the official foodbank charity logistical partners



local

our fruit & veg is all bought fresh from our local market and in season



ZERO TO LANDFILL

In the rare instance any food does come back to us uneaten, we dispose of it correctly using anaerobic digestion

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