

Eden Caterers

sustainable updates - summer '18



Introduction

At Eden, we take Sustainability seriously. From where we source our ingredients from to how we deliver them to you and everything in between, we have carefully considered it all to ensure we are striving to do the best we can. We have been awarded a 3 Star rating, the highest possible, from Food Made Good and the Sustainable Restaurant Association. This is something we truly value and something which has set the standard for us, with our aim now being to increase our sustainable credentials even more.



Our Food

We change our menus three times a year to incorporate seasonality whilst avoiding menu fatigue. This gives us the opportunity to add some fresh ingredients throughout our food offering every few months, with this summer's additions being no exception.

Our Sandwich Lunch Menu makes the most of Strawberry season, adding this deliciously sweet fruit to our new *Summer Berry Pavlova*, as well as the new *Strawberry Crumble Slice*. We have also introduced the *Cajun Chicken with Lettuce & Tomatade on Seeded Baguette*, a flavoursome and filling lunch-time option.



Summer Berry Pavlova



Rainbow Salad with Chargrilled Chicken

On our Forks & Salads Menu we have added a colourful *Rainbow Salad*, which comes with or without Chicken and is a bright, fresh addition to your summer dining. It is packed with mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket and comes with a lime & smoked paprika dressing.

Our Food

We have made efforts to increase our Vegetarian and Vegan items this season and it now makes up 70% of our menu, with a brand new *Dhal with Crispy Sweet Potato & Coconut Chutney Bowl Meal* being one example. In fact, we now offer the same, if not more vegetarian options than meat options on our menus. This is a shift to ultimately lower our carbon footprint with our client's awareness and acceptance driving our decision too. 10kg of grain is required to produce 1kg of beef, which is a figure our growing population cannot support, especially as the methane produced by cattle is 23 times more damaging than CO₂ as a Green House Gas.

Some other sustainable facts about our food:

- We only purchase Free Range UK Meat, Poultry & Eggs
- Our Fish is level 3 or lower on the MCS (Marine Conservation Scale)
- We do not use any artificial preservatives, colourings or flavourings in our food
- We like to make our own versions of our food, including jams, cordials, dressings and more. This gives our food an authenticity and means we know exactly what goes in to each item
- We prefer to roast, poach, bake or steam our food as opposed to frying it

Reduced Delivery Miles

One arm of the sustainability spectrum is considering our mileage. Whether this is our Supplier Delivery Miles, which we have reduced from 28 to less than 15 over the last twelve years, or our own Delivery Miles (17 is the average each of our LOW EMISSION vans travel to deliver your delicious food each day), we are mindful of the impact this has on our carbon footprint. Ultimately, we want this to be as low as possible without sacrificing quality.



Zero to Landfill

None of our food goes to landfill. In the rare instance that any food does come back to our kitchens uneaten, we dispose of it correctly. All of our food wastage is recycled using a process called anaerobic digestion – this is where waste is broken down in an oxygen-free tank to produce biogas and bio fertiliser to be reused.

‘Every tonne of food waste recycled by anaerobic digestion as an alternative to landfill prevents between 0.5 and 1.0 tonne of CO2 entering the atmosphere’- Biogen website [<http://www.biogen.co.uk/Anaerobic-Digestion/What-is-Anaerobic-Digestion>]

Plastic Pledge

We are highly aware of the damaging effects that the plastic water bottle does to our planet, in particular, our oceans. So much so that Eden's Managing Director, Hugh Walker, has set off on a cycling journey around the UK coastline for three months to get cafes to sign up to become refill stations. This means that people can simply pop in at any time to fill up their water bottle, reducing plastic wastage that could, in turn, damage our environment.



@hughsrefilltour



Eden's breakfast pots

The plastic water bottle is something we have been challenged to change for quite some time. We have not done so until now due to the risk of breakages in delivery and the additional weight for our drivers to carry. However, the time has of course now come where it must be done and our drivers agree, therefore we have done exactly that.

We have also switched our Breakfast Pots and cutlery over to a biodegradable PLA material. Conventional plastics, if left to degrade naturally, could take thousands of years, whereas a massive benefit of PLA is that when exposed to the environment it naturally degrades within around a year.

LED Lights

At our Head Office and Kitchens we promote sustainable practices and train staff on these throughout. This extends to using LED lighting throughout our offices and being mindful of the waste we use. In 2005, we had no LED lights whatsoever so are proud that our current figure in 2018 is 75%, with the aim to bring this to 100% by 2020.

Community

We work closely with our community in ways appropriate to our skills and resources and this extends to working with local charities too.

We work closely with the homeless charity Robes throughout the winter months. In these tough times, they open up shelters to keep people off the streets and we provide them with hot food on a weekly basis, as well as undertaking other fundraising activities throughout the year.

We are also our local food bank's Logistical Partner - we assist them by collecting from local offices and businesses.