



## Key Pillars of Sustainable Dining

*“Meeting the needs of the present without compromising the ability of future generations to meet their own needs.”*

*United Nations' definition of sustainability*

*1987*

Sustainable dining is all about making food choices that are good for the planet, fair for people, and still allow your establishment to make a profit. Let's break down the key elements to consider as you shift into more sustainable operations.

## The 3 Ps: People, Planet, Profit

### 1. Planet: Reducing Environmental Impact

- Lower your carbon footprint: Work with local suppliers and farmers who share sustainable values, reducing miles travelled for your ingredients. (Check out our Sustainable Procurement guide for how to start those conversations.)
- Food waste control: Use every part of the ingredients. Design your menu to repurpose the whole vegetable or animal across multiple dishes. Solid ordering and stock control are essential to keeping food waste low.
- Manage waste streams: Start by auditing your waste. Once you know what you're throwing out, you can figure out how to reduce it. (Remember, what gets measured gets managed.)
- Eco-friendly packaging: Choose the proper packaging that aligns with your environmental goals. (Our Webinar Series can guide you through the best options.)
- Sustainable waste management: Implement systems like composting or food waste collection. This way, waste becomes a resource, not just something you throw away.



## 2. People: Social Responsibility

- Support ethical practices: Make sure your suppliers are using fair labour and, where possible, ask for certification to prove it.
- Food recovery: Partner with organisations like Oz Harvest or Second Bite to make sure any edible food finds a good home. You can even collaborate with nearby establishments for coordinated collection days.
- Training and engagement: Invest in educating your team, keeping them engaged and loyal while improving the quality of your delivery.
- Reasonable hours: The old 60–80-hour work weeks are no longer the norm, and that's a good thing. Ensure your team works reasonable hours to stay sharp and healthy.
- Balance service and prep: Split time between prep work and service to keep service shifts manageable. This helps mentally and physically.
- Support local communities: Supporting local farmers, charities, and organisations builds solid and sustainable communities, fostering resilience and engagement.

## 3. Profit: Economic Viability

- Cut costs by cutting waste: Tighten up on food waste, water, and energy use, and you'll see it reflected in your bottom line.
- Win more tenders: These days, sustainability matters to corporate clients. Positioning your establishment as the eco-friendly option might just help you land more contracts. Make sure you highlight your sustainable practices in your proposals.



- Attract the right customers: Sustainability isn't just good for the planet; it draws in customers who value these practices. Share your journey through your website and social media.
- Build brand loyalty: Ethical and environmentally responsible establishments earn customer trust and loyalty, which keeps them coming back.

---

We hope these pillars help you get started on your path to sustainability. Remember, any shift like this should be reflected in your establishment's policies and procedures, ensuring these changes are long-lasting and cultural.

Need more information? Visit [www.thetablefoodconsultants.com.au](http://www.thetablefoodconsultants.com.au) for resources, webinars, and consulting support as you take these steps towards a more sustainable future.