







WHERE IS THE MOST FOOD WASTE IN A RESTAURANT PRODUCED?

- a. Preparation
- b. Customer plates
- c. Bones/fat trimmings
- d. Prepared but not served
- e. Left in fridge/cupboard too long




Customer plates	65%
Preparation waste	53%
Bones/fat trimmings	40%
Prepared but unserved	27%
In fridge/cupboard for too long	15%

Source: Unilever Food Solutions and the Restaurant Association of Ireland Chef and Operator Research Report, September 2011



Portion control is a BIG problem

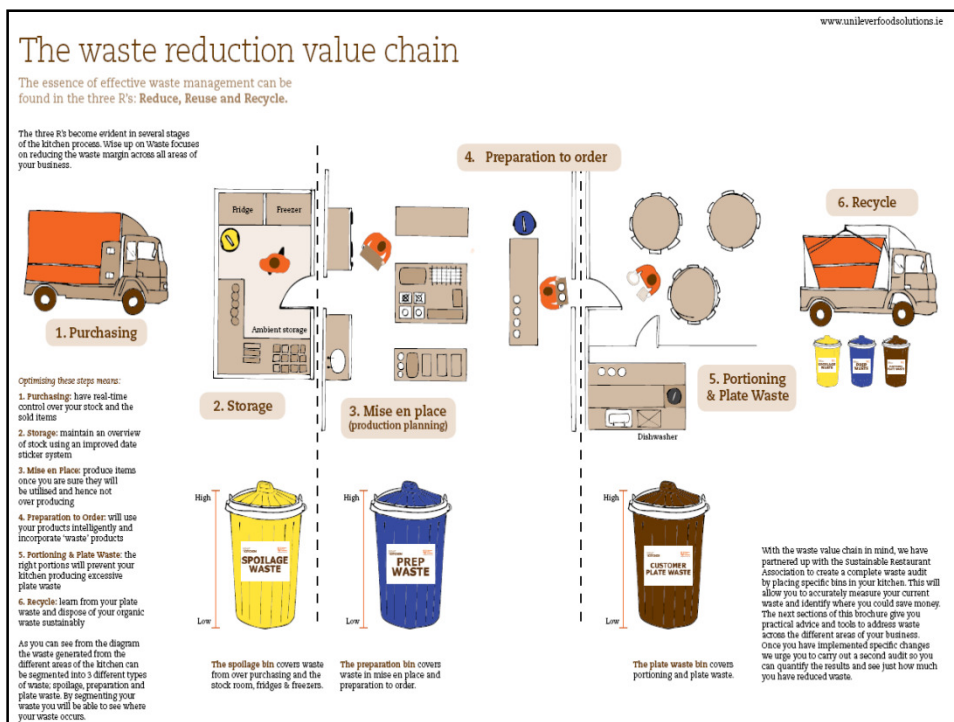
48% of Irish diners admit they regularly over order and leave food behind



The top 5 reasons why Irish people leave food behind on their plate:

Portion was too big	34%
Unsatisfied by the food	27%
I ordered a meal deal but didn't want all the courses on offer	14%
I wasn't hungry	12%
I ordered too much	10%





Toolkit – Effective Purchasing

your KITCHEN

Effective buying creates less waste



Did you know if a restaurant reduced its food waste by just 20% it could:

- Reduce food waste collection costs by €180-€2,040*
- Prevent 2-3% of their total food spend being thrown away*

*Source: Sustainable Restaurant Association, Restaurant Food Waste Survey Report (2010) Based on study of 10 UK Restaurants.

- 1. Do not over-order food:** Only order the minimum amount required
- 2. Cook seasonal:** Ingredients that are out of season have made a longer journey to your kitchen and have a higher risk of spoilage
- 3. Only buy bulk if it fits with your demand/are non-perishable**
- 4. Establish clear agreements** between yourself and suppliers
- 5. Primary purchaser:** Ensure there is one person who places orders. This will avoid duplication on stock orders
- 6. Build a relationship with your suppliers:** Treat them well and they will alert you to good deals
- 7. Consider frozen, dried, bottled or tinned goods** as opposed to fresh where a comparable quality can be achieved

Action:	Person Responsible:



www.unileverfoodsolutions.ie

Toolkit – Production & Menu

your KITCHEN

Effective production planning reduces costly waste



- 1. Prep vegetables as carefully as possible:** Remember vegetable trimmings can be used to make great soups
- 2. Be creative with excess produce:** Think chutneys, pickles and jams
- 3. Cook smaller batches of pre-prepared staple food** to make sure you don't over order
- 4. Be flexible and reactive:** Tailor your mise en place to bookings, weather and holidays
- 5. Avoid the temptation to exceed par stock levels:** Don't overdo the mise en place, even when you have spare time

Action:	Person Responsible:

www.unileverfoodsolutions.ie

your KITCHEN

Your menu is a reflection of your kitchen



- 1. Introduce standard recipe cards** and ensure they are followed
- 2. Every dish must meet a consistently high standard**
- 3. Measuring matters:** Use scales to measure out ingredients as well as portions
- 4. Ensure the kitchen team is up to date** with the entire menu and all its components
- 5. Remember a menu's success** depends on the time available, skills and equipment in the kitchen

Action:	Person Responsible:

www.unileverfoodsolutions.ie

Toolkit – Portion & Stock control

your KITCHEN

Accurate portion control is key



1. Use standard spoons/ladles with a fixed volume to portion out your dishes
2. Create staff awareness around waste: Tell them the real costs to the business
3. Portion options: Offering the same item in different portion sizes allows guests to eat light
4. Offer smaller portions for children: You don't need to offer a separate menu
5. Present food creatively, cutting quantity served and potential waste
6. Monitor your plate waste: Adopt a real team effort approach, so that proper actions can be undertaken

Action:

Person Responsible:

www.unileverfoodsolutions.ie

your KITCHEN

Establish effective stock control



1. Use the FIFO system: Always put the freshest products behind the old ones
2. Optimise delivery arrangements with suppliers
3. Minimise cross contamination and excessive food waste by organising your store cupboards and refrigerators
4. Organise your stock by the purchasing list of your supplier it will save you precious time when re-ordering
5. Determine your pick frequencies: It is smart to put products with a high pick frequency at the beginning of your route
6. Use the ABC-strategy to optimise the space of your storage

Action:

Person Responsible:

www.unileverfoodsolutions.ie

WMR 2 – Adding Value

your KITCHEN

Help Our Customers Make Money & Save Money

Tackle waste and reduce expense



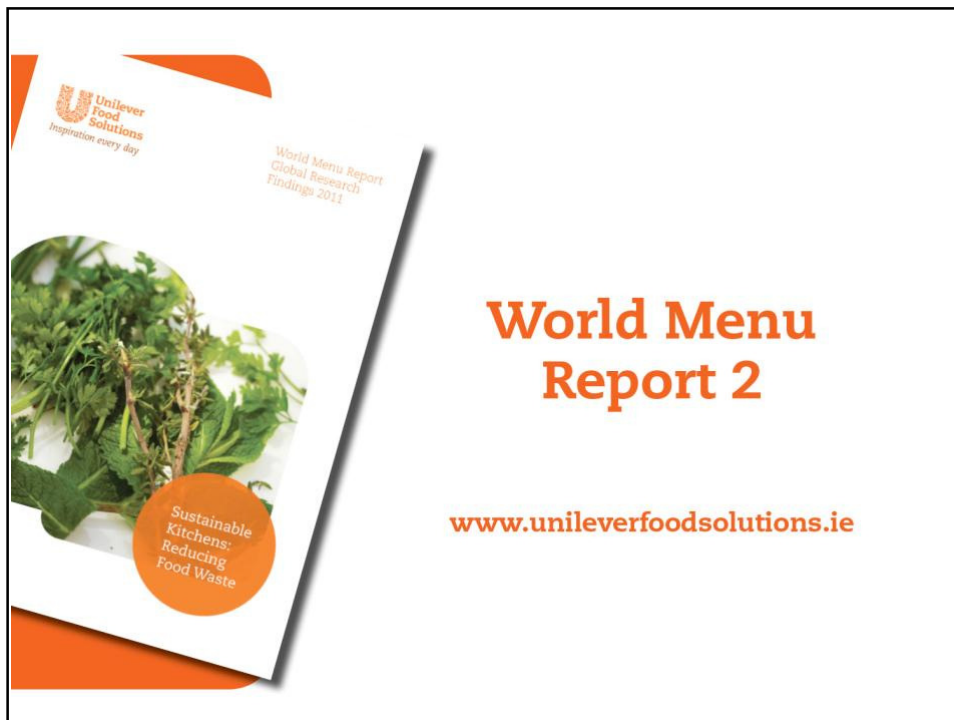
1. Save and recycle good plastic or even glass containers
2. Be committed: The best way is to prevent creating waste in the first place
3. Set up a selective waste sorting system to make recycling easy
4. Can you make money from your waste? Waste oil and fat can be sold to processing companies, find out if any are in your area
5. In line with The Waste Management (Food Waste) Regulations 2009 segregate and separately store all food waste arising on the premises for separate collection by an authorised waste collector
6. Work with your suppliers to minimise packaging: Send the delivery driver back with unwanted boxes and packaging

Action:

Person Responsible:

www.unileverfoodsolutions.ie





World Menu Report 2

www.unileverfoodsolutions.ie

