

Sustainability Food Procurement and Waste Guidelines

The Vancouver 2014 sustainability vision is to deliver an event that leaves a positive long-term legacy of human and ecological wellbeing for Games participants, stakeholders, and the community. Our Games will provide 40,000+ meals over 8 days to athletes, coaches, mission staff, volunteers and other customer groups, including bag-lunch options, snacks in break rooms, venue concessions, and catering for special events. These guidelines build on the 'Sustainable Food' and 'Zero-Waste' strategies of our Host Venue of UBC and Host Cities of Vancouver and Richmond. They follow a tiered approach with "Avoid" referring to items that are discouraged, "Acceptable" referring to current practices of UBC and Metro Vancouver, and "Target" represents a realistic but substantive improvement towards sustainability goals.



Food Procurement Guidelines

Categories	Target	Acceptable	Avoid
Grains	<ul style="list-style-type: none"> Grown or processed in BC Organic certified 	<ul style="list-style-type: none"> Grown or processed in Canada 	<ul style="list-style-type: none"> Grown or processed Internationally
Eggs	<ul style="list-style-type: none"> Produced at UBC Farm or locally¹ Organic certified Free-range certified BC SPCA certified 	<ul style="list-style-type: none"> Produced in BC Cage-free certified 	<ul style="list-style-type: none"> Produced internationally Conventionally-caged
Meat	<ul style="list-style-type: none"> Produced locally¹ Organic certified Hormone- / drug- / chemical-free diet 	<ul style="list-style-type: none"> Poultry produced and processed in BC Red meat produced and processed in Canada 	<ul style="list-style-type: none"> Produced or processed internationally
Seafood	<ul style="list-style-type: none"> Ocean Wise, MSC or similar 3rd party certification for <u>both</u> fresh and frozen seafood 	<ul style="list-style-type: none"> Ocean Wise, MSC or similar 3rd party certification for fresh seafood only 	<ul style="list-style-type: none"> Does not meet Ocean Wise, MSC or similar 3rd party certification standards
Dairy (liquid)	<ul style="list-style-type: none"> Produced in BC Organic certified 	<ul style="list-style-type: none"> Produced in Canada 	<ul style="list-style-type: none"> Produced internationally
Dairy (solid)	<ul style="list-style-type: none"> Produced in BC Organic certified 	<ul style="list-style-type: none"> Produced in Canada 	<ul style="list-style-type: none"> Produced internationally
Fruits / vegetables	<ul style="list-style-type: none"> Produced locally¹ Organic certified Fair Trade certified 	<ul style="list-style-type: none"> Produced in BC or Canada 	<ul style="list-style-type: none"> Produced internationally

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Food Procurement Guidelines (cont.)

Categories	Target	Acceptable	Avoid
Drinks (hot)	<ul style="list-style-type: none"> Produced locally ¹ Organic certified and Fair Trade certified ² 	<ul style="list-style-type: none"> Processed in BC or Canada Fair Trade but not Organic certified ² 	<ul style="list-style-type: none"> Processed internationally Neither Organic nor Fair Trade certified ²
Drinks (cold)	<ul style="list-style-type: none"> Produced locally ¹ Serving size and sugar in accordance with "Sell Most" beverage criteria of BC Healthier Choices Vending Machine Policy ³ 	<ul style="list-style-type: none"> Processed in BC or Canada Serving size and sugar in accordance with "Sell Sometimes" beverage criteria of BC Healthier Choices Vending Machine Policy ³ 	<ul style="list-style-type: none"> Processed internationally Serving size and sugar in accordance with "Do Not Sell" beverage criteria of BC Healthier Choices Vending Machine Policy ³

Food and Drink Packaging Guidelines

Categories	Target	Acceptable	Avoid
Plates	<ul style="list-style-type: none"> Reusable 	<ul style="list-style-type: none"> Compostable (e.g. marked biodegradable) ⁴ Recyclable (e.g. plastics numbered 1-5 and 7) ⁵ 	<ul style="list-style-type: none"> Plastic plates marked #6 (Polystyrene) or unmarked Plastic coated paper plates
Drink containers	<ul style="list-style-type: none"> Reusable 	<ul style="list-style-type: none"> Compostable ⁴ Recyclable ⁵ 	<ul style="list-style-type: none"> Plastic drink containers marked #6 (Polystyrene) or unmarked Milk Cartons
Utensils	<ul style="list-style-type: none"> None Reusable 	<ul style="list-style-type: none"> Recyclable ⁵ 	<ul style="list-style-type: none"> Compostable or biodegradable utensils ⁶ Non-recyclable or unmarked utensils
Wrappers (e.g., sandwich or pita wrapper)	<ul style="list-style-type: none"> None Reusable 	<ul style="list-style-type: none"> Compostable ⁴ Recyclable ⁵ 	<ul style="list-style-type: none"> Waxed paper wrappers Sponge plastic wrappers Plastic wrap Metals (e.g. Aluminum foil)
Other containers, boxes and trays	<ul style="list-style-type: none"> Reusable trays and totes Reusable metal bins 	<ul style="list-style-type: none"> Compostable ⁴ Recyclable ⁵ 	<ul style="list-style-type: none"> Plastic trays or containers marked #6 or unmarked Biodegradable plastic bags ⁶

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Notes

This is a working document reflecting the local context of UBC and Metro Vancouver and should be adapted as appropriate for other institutional or geographic contexts.

1. UBC defines “local” as having been grown, raised, processed or produced within approximately 150 miles of campus (e.g. as far as Okanagan Valley or Seattle), under a principle of ‘as local as possible’ (e.g. UBC Farm over Okanagan Valley where feasible). Currently, 48% of UBC Food Services and AMS Food and Beverage Department expenditures are on food that is local or certified organic.
2. In 2011, UBC was designated the first ‘Fair Trade Campus’ in Canada. All coffee and tea offered by UBC Food Services and AMS Food and Beverage Department outlets are certified Fair Trade.
3. Province of BC Healthier Choices Vending Machine Policy:
www.health.gov.bc.ca/healthyeating/vending.html
See page 4 for sample nutrition guidelines for beverages taken from the Guidelines.
4. Compostable food and drink materials can include:
 - a. Food scraps (raw and cooked)
 - b. Plastics marked compostable (except utensils)
 - c. Wood utensils marked compostable (e.g. Aspenware) including plain wood chopsticks and toothpicks
 - d. Paper towel and napkins
 - e. Paper plates and cups (non-waxed and non-plastic coated)
5. Recyclable food and drink materials can include:
 - a. Plastics marked with numbers 1-5 and 7. Plastic number 6 (Polystyrene) is currently not recyclable
 - b. Waxed and plastic coated paper
 - c. Glass bottles and jars
 - d. Metal cans
 - e. Juice boxes and Tetra Paks
6. The UBC in-vessel composting system is currently not able to handle most existing biodegradable cutlery or plastic bags.

Thank you for your commitment to helping make this the first Special Olympics Canada Games aiming for compliance with the *Canadian Standards Association CSA:Z2010 - Requirements and guidance for organizers of sustainable events*.

Reference

Prepackaged Beverage Nutrient Criteria based on *Healthier Choices in Vending Machines in B.C. Public Buildings Policy Paper* (British Columbia Ministry of Health, 2013). <http://www.health.gov.bc.ca/healthyeating/vending.html>

Vegetable and Fruit Juices

Beverages in this category have a vegetable or fruit juice, or a vegetable or fruit puree as the first ingredient (not including water). Examples of Beverages Scored in this Category: frozen fruit juice bars, fruit cocktails, fruit juice, fruit juice smoothies, fruit & vegetable juice blends, tomato juice, and vegetable juice.

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	No juices fit in this category	360 ml or less	More than 360 ml
Fat		5 g or less	More than 5 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Added Sugars		No Added Sugars (“concentrated fruit juice” is considered an added sugar if it is not preceded by water in the ingredient list)	Added Sugars (“concentrated fruit juice” is considered an added sugar if it is not preceded by water in the ingredient list)
Sodium		200 mg or less per 250 ml	More than 200 mg per 250 ml
Sugar substitutes		May contain sugar substitutes	May contain Sugar substitutes
Caffeine		No limit	No limit
Additional Ingredients		NO cautionary statements and NO specific quantity of botanical ingredients listed on the label	Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Milk and Alternative Beverages

Beverages in this category have milk or milk ingredients listed as the first ingredient. Fortified plant-based beverages are also scored in this group. Examples of Beverages Scored in this Category: almond beverage, plain and flavoured milk, rice beverage, soy beverage and yogurt drinks.

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	500 ml or less		More than 500 ml
Fat	5 g or less per 250 ml	10 g or less per 250 ml	More than 10 g per 250 ml
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	150 mg or less per 250 ml	250 mg or less per 250 ml	More than 250 mg per 250 ml
Sugars	13 g or less per 250 ml	20 g or less per 250 ml	More than 20 g Per 250 ml
Protein	6 g or more per 250 ml	No criteria	No criteria
Calcium	30% DV or more per 250 ml	20% DV or more per 250 ml	Less than 20% DV per 250 ml
Vitamin D	44% DV or more per 250 ml	No criteria	No criteria
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Other Beverages

Beverages in this category are non-juice, non-milk based drinks. Fortified plant-based beverages are scored in the ‘Milk and Alternative Beverages’ category. Examples of Beverages Scored in this Category: bottled water, flavoured water, fruit-flavoured drinks, iced tea, soft drinks, sparkling water, sport/electrolyte drinks, vitamin-enhanced water.

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	No beverage other than plain water (still or carbonated) fits in this category	600 ml or less	More than 600 ml
Fat		3 g or less	More than 3 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Sodium		200 mg or less per 250 ml	More than 200 mg per 250 ml
Sugars		8 mg or less per 250 ml	More than 8 mg
Sugar substitutes		May contain sugar substitutes	May contain Sugar
Caffeine		No limit	No limit
Additional Ingredients		NO cautionary statements and NO specific quantity of botanical ingredients listed on the label	Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label