

SUSTAINABLE CATERING GUIDE



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Food and beverage service is a highly visible demonstration of our commitment to sustainability. The food we serve shows how much we care for our visitor's health and the environment where ingredients are sourced.

Food service is the perfect platform to promote sustainable food systems locally.

From paddock to plate, we can highlight local sustainable farming, seasonal produce, and the benefits of chemical-free food.

Food can add considerably to an event's carbon footprint, and so our aim is also to have climate-friendly catering.

We are reframing our approach to catering.

Our brief to caterers and food vendors is to plan menus to be:

Vegan* First + Sustainable Meat, Seafood, Dairy, Eggs

We want chefs and caterers to plan menus around locally available sustainable protein ingredients – rather than plan the menu and then search for the ingredients.

So they should be plant based first (ideally obviously seasonal, local, chemical-free), and then add available sustainable protein options. **Sustainable seafood is critical.**

If these are not available then they should ideally not be served, unless a culturally significant menu item is required.

We are also requesting at least two thirds of catering to be vegetarian.

* Vegan = plant based and no animal derived food



SUSTAINABLE CATERING TARGETS

- ✓ 70% of catering adopts the vegan + sustainable protein approach.
- ✓ 100% of eggs to be sourced from free-range chickens.
- ✓ 100% of seafood served or sold in Race Village and associated events, under the control of the Race, is from verifiable sustainable seafood sources.
- ✓ 70% of fresh produce to be sourced locally or from organic sources.
- ✓ All catering/guest hospitality services and public food outlets in the Race Villages to offer fresh, healthy and dietary-diverse options.
- ✓ Less than 5% of prepared food is wasted.
- ✓ 100% avoidance of single-use plastic in food and beverage service.
- ✓ Reusable food serviceware is used for at least 50% of food service.
- ✓ 100% of disposable serviceware is compostable.

Use the wording on the following page in caterer briefs, RFPs or race village food vendor applications.





CATERER CONTRACT BRIEF

We are committed to providing sustainable food and beverage service at The Ocean Race and request all caterers and food service vendors to join us.

Please respond or confirm your ability to meet the following requirements:

Vegan First + Sustainable Meat, Seafood, Dairy, Eggs

We recommend planning menus around locally available sustainable protein ingredients – rather than plan the menu and then search for the ingredients.

- Two thirds of menu options should be vegetarian.
- Where meat, seafood, dairy and eggs are added, these should be from locally available sustainable sources.

Verified Sustainable Seafood Only

Sustainable seafood is obviously closely aligned with the spirit of sustainability and the race. Only seafood from sustainable fish stocks, harvesting techniques and with acceptable humanitarian standards may served or sold during the race.

- Only verifiable sustainable seafood can be served or sold.
- Proof of certification must be provided upon request.
- Signs must be on counters, menus or service areas regarding sustainable seafood origin.
- Where provenance cannot be guaranteed, seafood may not be served.

No Single Use Plastic in food and beverage service

We are committed to reducing disposable single-use plastic in all food and beverage service. We require caterers and food vendors to join us in this mission.

- Food and beverage serviceware should be reusable.
- No single-use plastic in any food service items.
- No packaged water in disposable containers.

Review [The Ocean Race's Single-Use Plastic at Sporting Events guide](#) for specific details.

Sustainable Operations

We require all caterers and food vendors to adhere to sustainable operating practices.

- In-kitchen waste systems must allow segregation of recyclable materials and food waste.
- Recyclable materials must be segregated into single materials streams: hard plastic, soft plastic, metal, glass, cardboard boxes must be flattened.
- Cooking oil should be collected separately for recycling.



Sustainable Seafood

The world's insatiable demand for seafood is causing the unnatural depletion of essential, protected and much-loved marine life.

If we source sustainably-caught seafood, fish stocks have a chance of recovery and the millions of people who rely on seafood for food and livelihoods may be protected.

The Ocean Race is committed to ensuring only seafood from sustainable fisheries is served.

We support establishing effective Marine Protected Areas, and especially important is protection of the 'high seas' – the areas outside of the responsibility of individual nations.

Target

100% of all seafood served or sold in the Race Village and associated events, under the control of the Race, to be from sustainable seafood sources.

Where sustainable seafood sourcing is not available, no seafood will be served.

What are the issues?

The following are common issues relating to unsustainable, unhealthy and unfair fishing practices.

- Overfishing and depleting stock of popular fish species.
- 'By-catch', where other species are unintentionally caught.
- Destructive fishing techniques such as dynamite fishing or bottom trawling.
- Threatened and endangered species being intentionally caught, sold, served and eaten, or caught through by-catch.
- Shark finning and marine mammal hunting.
- Animal cruelty, especially when marine mammals are caught.
- Accumulation of toxins in fish, perpetuated through human pollution of waterways, particularly plastic waste.
- Use of chemicals and drugs in farmed fish.
- Human rights abuses in the form of forced labour and enslavement in fishing workforce. (ap.org/explore/seafood-from-slaves)

Consider watching **Seaspiracy** and other seafood industry documentaries.





Check your source

Caterers should seek assurance and proof from suppliers that seafood is sustainably and ethically sourced. Use local seafood sourcing guides and certification programme resources to check which species are at risk.

Avoid imported sources, source locally!

- ☐ Seafood is sourced from sustainable stocks and acceptable capture practices.
- ☐ Local seafood industry is supported.
- ☐ No threatened or endangered species are consumed.



Sustainable Seafood Guides & Resources

Follow sustainable seafood recommendations for your region. These programmes have guides and apps to help make a better sourcing choice:

Europe: [WWF FishForward EU Guides](#)

Spain: [Guía de Pescado Sostenible](#) | [Guiada Pescado](#)

Cabo Verde: [Sustentável do mar ao prato](#)

South Africa: [Southern Africa Sustainable Seafood Initiative](#)

Brasil: No programmes exist. [Read more](#)

USA: [Seafood Watch](#) | [FishWatch](#) | [Greenpeace Red List](#)

The Netherlands: [Good Fish](#)

Denmark: [Fiskeguide](#).

Germany: [Fischratgeber](#)

Italy: [Pesce Sostenibile](#)

[Marine Stewardship Council](#)

