



Sustainability Terminology

Sustainable food practices focus on producing, distributing, and consuming food in ways that are environmentally responsible, socially equitable, and economically viable. This involves reducing food waste, supporting local and seasonal food systems, minimizing the use of harmful chemicals, and conserving resources like water and energy.

Sustainability: The practice of using resources in a way that meets present needs without compromising the ability of future generations to meet their own needs.

Conservation: The careful use of natural resources (such as water, energy, and food) to prevent waste and ensure long-term availability.

Local Sourcing: Purchasing food and products from local farmers, producers, or vendors within a specific geographical area to reduce food miles and support the local economy.

Seasonal ingredients: Fruits and vegetables that are at their peak freshness, flavor, and availability during specific times of the year. Eating seasonally means enjoying produce when it's naturally in season, rather than relying on out-of-season options that may have been stored or transported long distances.

Sustainable seafood: Seafood that is harvested or farmed in a way that ensures the long-term health of fish populations and the marine environment. It involves practices that minimize environmental impact, support healthy ecosystems, and consider the social and economic well-being of fishing communities.

Food Miles: The distance food travels from where it is grown or produced to where it is consumed. Fewer food miles typically mean a lower carbon footprint.

Organic: A method of farming and food production that avoids synthetic pesticides, fertilizers, genetically modified organisms (GMOs), and antibiotics. Organic practices often promote soil and water conservation.

Greenwashing: A deceptive marketing practice where a business falsely presents its products or policies as environmentally friendly to attract eco-conscious consumers.

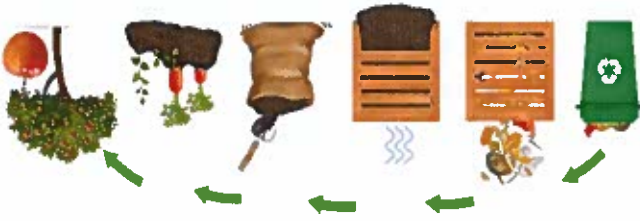


Aquaculture: The farming of fish, shellfish, and aquatic plants under controlled conditions. It can help meet global seafood demand but may raise concerns about water use, pollution, and species health.

Aquaponics: A system of aquaculture in which the waste produced by farmed fish or other aquatic animals supplies nutrients for plants grown hydroponically, which in turn purify the water.



Basic Components of Composting



COMPOST LIFE CYCLE

Hydroponics: Hydroponics is a type of horticulture and a subset of hydroculture which involves growing plants, usually crops or medicinal plants, without soil, by using water-based mineral nutrient solutions in an artificial environment.

Mushroom growth: A fascinating process from spores or tissue culture to mature fruiting bodies, typically taking a few weeks. Mushrooms grow from mycelium, a network of thread-like hyphae, which spreads through a suitable substrate.

Surface Water: Water that collects on the surface of the earth, such as lakes, rivers, and reservoirs. Often used in agriculture and hospitality for irrigation and cleaning.

Groundwater: Water found underground in aquifers, often tapped via wells for drinking water and irrigation. Overuse can lead to water shortages.

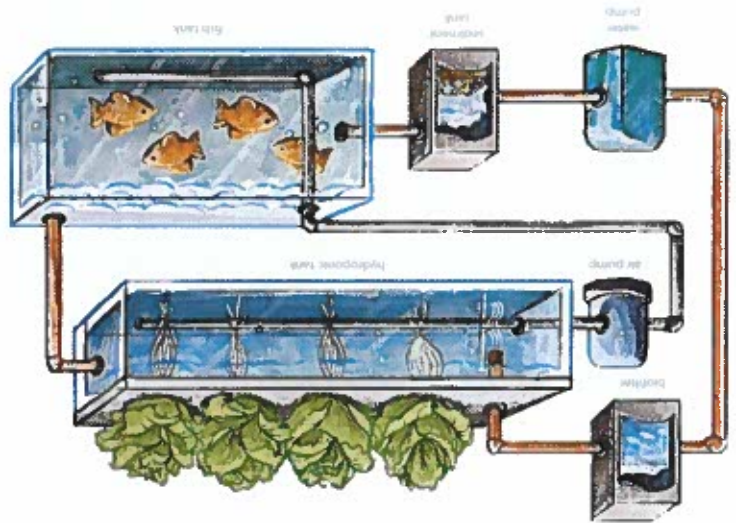
Renewable Energy: Energy derived from natural sources that can be replenished, such as solar, wind, hydro (water), and geothermal energy.

Nonrenewable Energy: Energy from sources that cannot be quickly replaced, such as coal, petroleum, natural gas, and nuclear energy. These contribute significantly to greenhouse gas emissions.

Fossil Fuels: Carbon-rich energy sources (coal, oil, and natural gas) formed from the remains of ancient organisms. They are nonrenewable and major contributors to pollution.

Greenhouse Gas Emissions: Gases like carbon dioxide and methane are released into the atmosphere, primarily from burning fossil fuels. These gases trap heat and contribute to global warming.

Composting: The process of recycling organic waste - like fruit peels and vegetable scraps - into nutrient-rich soil that can be used for gardening or agriculture





Recycling: Converting waste materials into new, reusable products. In the foodservice industry, this includes glass, paper, cardboard, plastic, and some metals.

Repurposed Food: Using leftover or unused food in a new dish or form to reduce waste. For example, turning stale bread into croutons or using vegetable scraps for stock.

Energy Efficiency: Using less energy to perform the same task. In restaurants, this might include ENERGY STAR equipment, LED lighting, or kitchen hood sensors.

Waste Management: The process of handling waste through reducing, reusing, and recycling to minimize environmental impact and operational costs.

Controlled Environment Agriculture (CEA): A method of growing food in a controlled setting such as greenhouses or indoor farms to optimize growing conditions and reduce resource usage.

Shade-Grown Coffee: Coffee grown under a canopy of trees that provides habitat for wildlife and reduces the need for chemical inputs - considered more sustainable than sun-grown coffee.

Sun-Grown Coffee: Coffee grown in direct sunlight for faster production but usually requires more pesticides and fertilizers, which can harm ecosystems.

Ethical Sourcing: The process of ensuring that the products being sourced are obtained in a responsible and sustainable way, considering both environmental and social impacts.



Source: GlobalWebIndex 2018 / Base: 11,899 Internet Users aged 16-64

Sustainable Agriculture: Farming practices that focus on long-term soil health, biodiversity, minimal environmental impact, and social equity.

Food Waste: Any edible food discarded at the production, retail, or consumer level. Restaurants combat this through portion control, donations, and composting.

Snout-to-Tail: A sustainable culinary practice that involves using every edible part of an animal from the snout to the tail - to reduce waste and honor the whole animal. This approach supports ethical sourcing and minimizes food waste in kitchens.

The U.S. food system alone uses as much energy as France's total annual energy consumption.

