

Net Zero – NHS Menus



Making a real difference

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Agenda

- Introduction
- Why is Carbon Menu Reduction so important?
- apetito's Approach
- Looking Forward – Future Service Options



1

By 2025 - to deliver clear and immediate progress - via challenging interim targets.

2

By 2035 - to deliver substantial decarbonisation that is independently assessed and validated by the Science Based Targets initiative.

3

By 2040 - to achieve Net Zero carbon emissions.

apetito

WILTSHIRE
FARM
FOODS



78% OF COMPANIES HAVE A FORM OF NET ZERO AMBITION, BUT ONLY 11% HAVE PUBLISHED SHORT-TERM TARGETS

78%

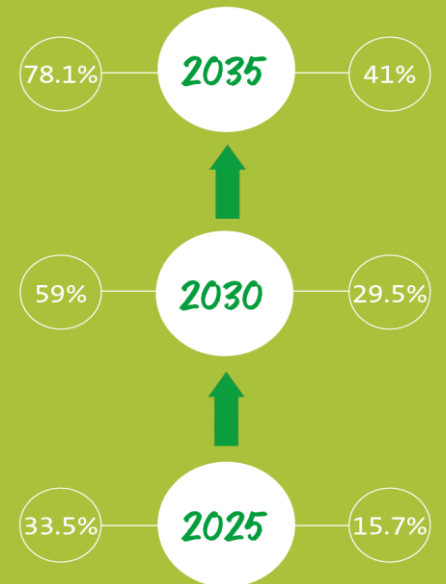
11%

Carbon reduction targets



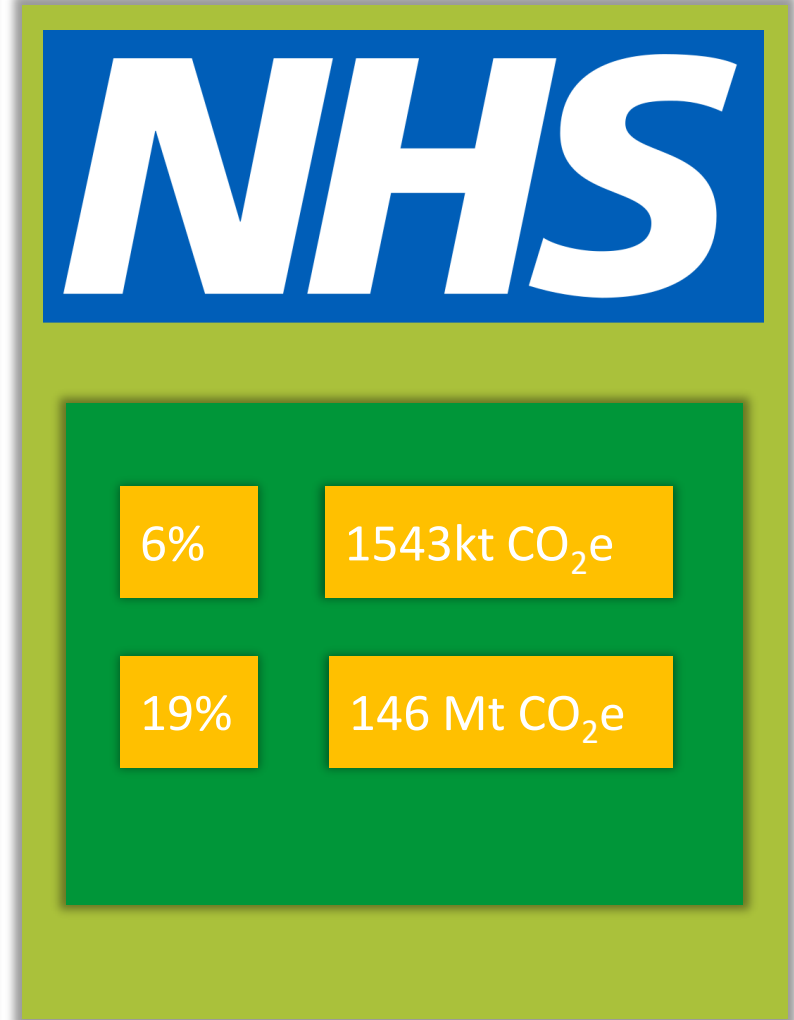
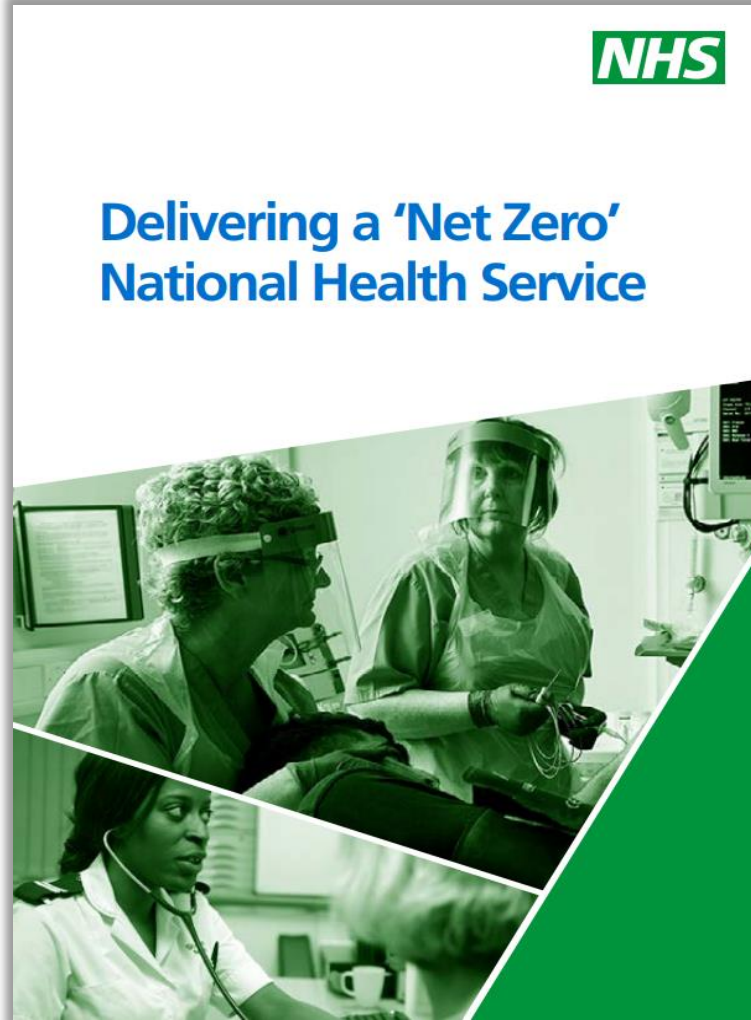
Scope 1 & 2
reduction

Scope 3
reduction



Intensity per kg meal

Why?





Our Approach

Pilot 2021

St George's University Hospitals NHS Foundation Trust

OUR CARBON REDUCTION PLEDGE

The NHS has pledged to become the world's first carbon net-zero national health system by 2040. Mitie are proud to support St George's Hospital with our Plan Zero initiative.

Our new carbon reduction menu is designed not only to provide tasty, nutritious dishes but also to do our bit to help tackle the worldwide problem of climate change. This menu has been curated to reflect a growing demand to be more environmentally sympathetic. Reducing impact on the world around us and to protect the planet for future generations.

Our dedicated team of Dietitians have worked closely with Mitie and our supplier Apetito, to create a delicious menu filled with popular choices that are most importantly nutritionally balanced for you, our patients to aid in the best recovery possible. Whilst also considerate to the environmental impact.

Our new hot main meal options across lunch and supper have an

11%

lower carbon footprint than our previous menu...

PLAN ZERO

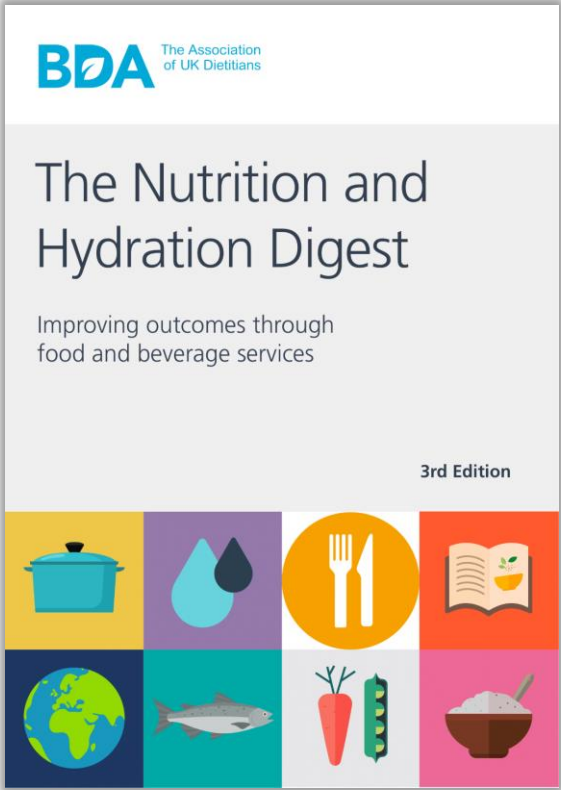
The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



Impact of ingredients on carbon emissions

% of apetito ingredients by weight	5%	2%	5%	6%	3%
% of apetito ingredients carbon footprint	37%	13%	7%	12%	4%

Pilot Results



Nutritional standards



1.2% Saving

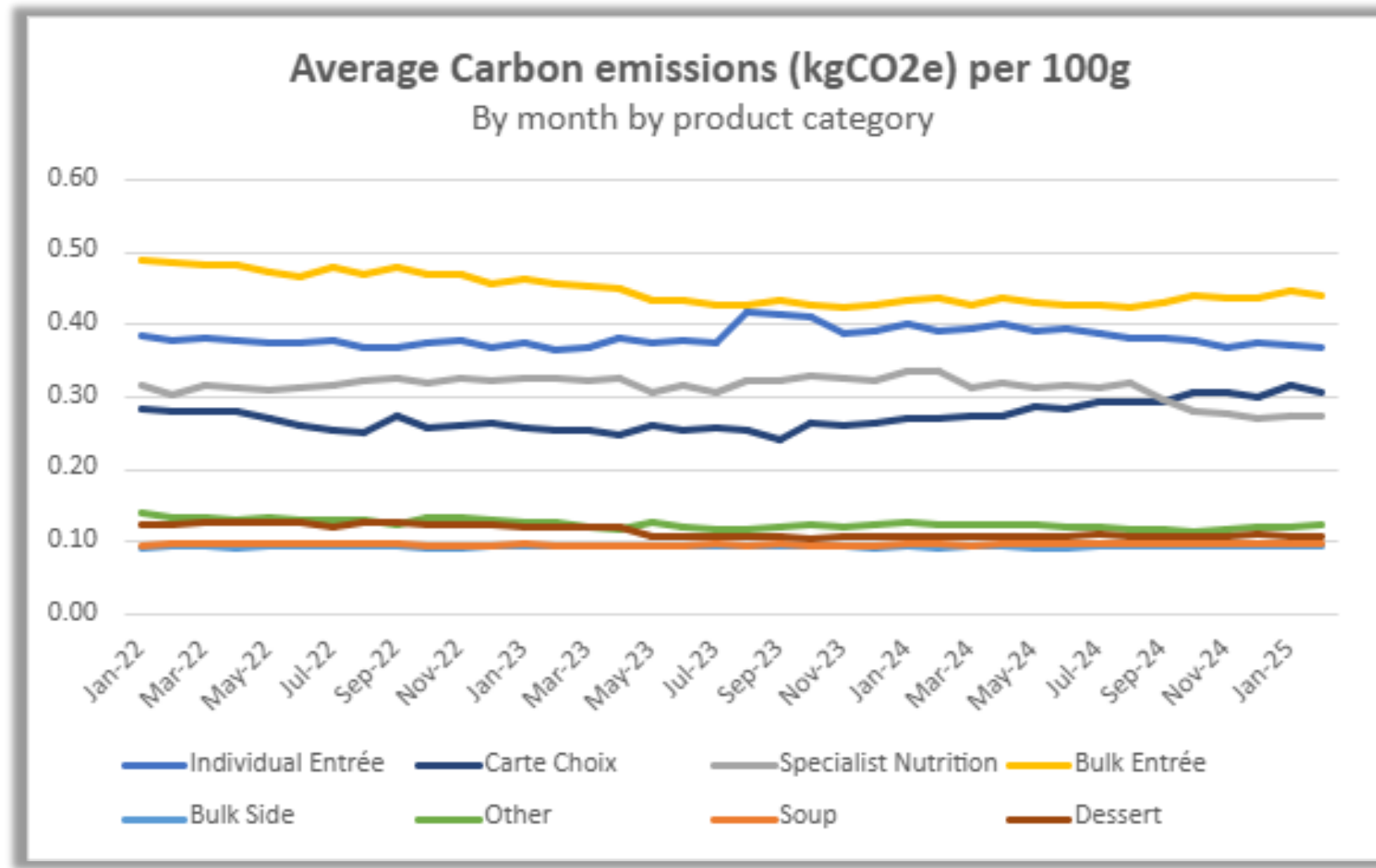


11% saving



Patient satisfaction

Ongoing Results



10%
Reduction



Looking Forward

1. Why

And it's those who start with why, that have the ability to inspire those around them or find others who inspire them.

Simon Sinek

quote fancy

2. “Does Good” vs “Looks Good”

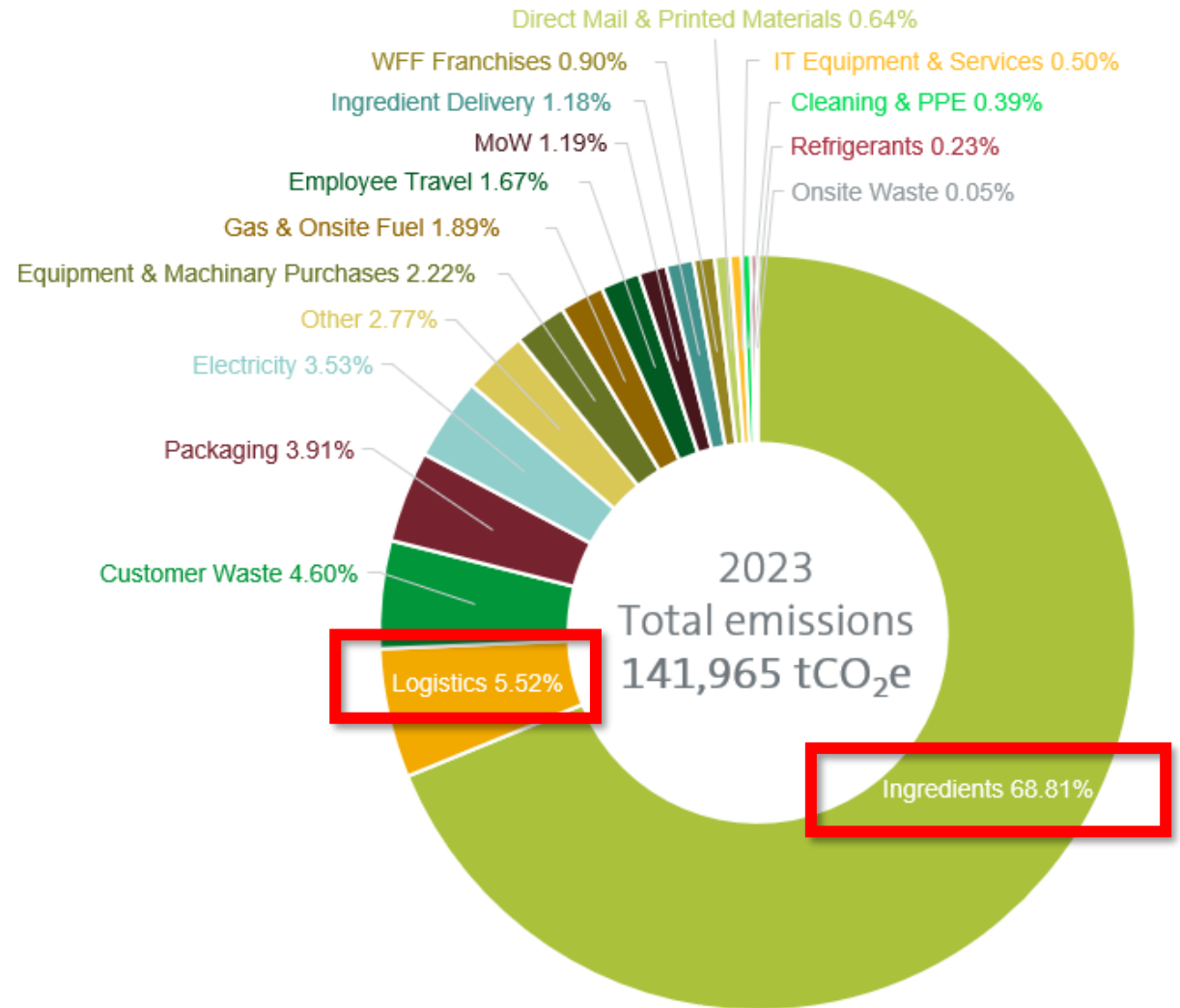
How much do food miles matter and should you buy local produce?

Despite a study claiming that food-mile emissions are higher than previously thought, eating less animal produce remains much more important than how far your food travels

Shifting less than one day per week's worth of calories from red meat and dairy products to chicken, fish, eggs, or a vegetable-based diet achieves more GHG reduction than buying all locally sourced food.

Hospido et al. (2009) estimate that importing Spanish lettuce to the UK during winter months results in three to eight times lower emissions than producing it locally.

A European study in 2018 showed that while food transport was only responsible for 6% of emissions, dairy, meat and egg products account for 83%².

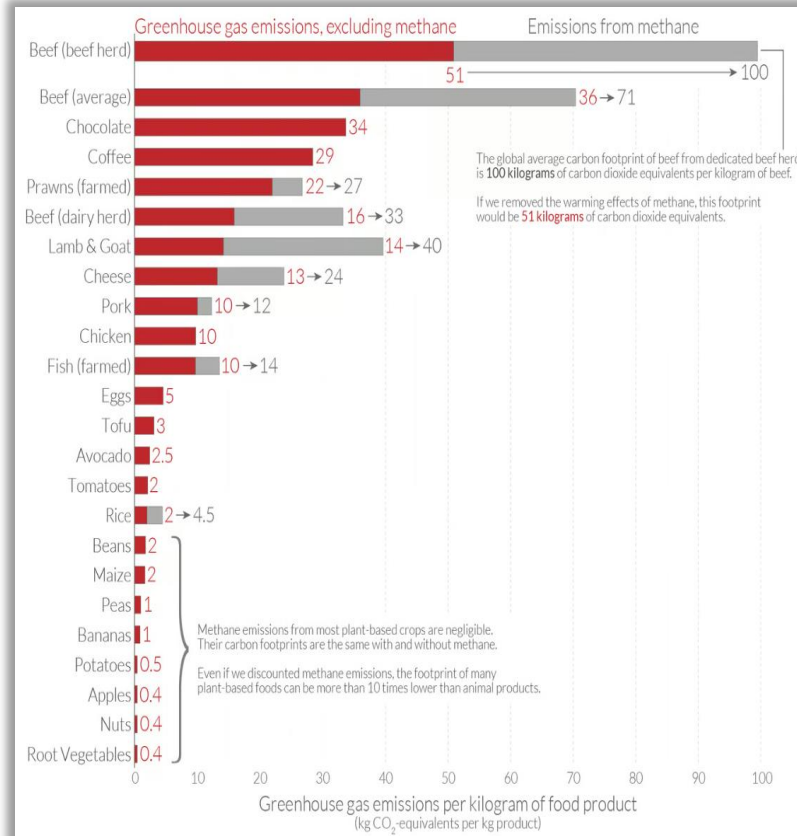


3. Reformulation

Supply Chain



Focus



Reformulation



4. Sell It – Choice Architecture



Meat-tax

CO2e label

Menu placement

Put low-carbon meals at the top of delivery apps, say researchers

13%

The meat tax and footprint label also proved effective in encouraging lower carbon choices, but only among those with more knowledge of the climate impacts of food consumption.



1. **Front cover** excludes red meat hero dishes
2. White meat and fish options **closer to the front of the brochure**
3. Replacing red meat options with white meat/fish options in **menu packs**
4. Lower-carbon meals in **prime positions** on each page
5. **Section openers** featured lower-carbon meals

4. Trial – Choice Architecture

Chicken Breast in White Wine & Mushroom Sauce

Chicken breast in a creamy mushroom and white wine sauce. Served with skin on parsley potatoes, carrots and Romano beans.

625 £6.15 450g				
Each meal contains				
Energy (kcal per 100g)	Vegetables	Sugars	Salt	
19%	11%	14%	7.7g	1.1g
% of an adult's reference intake				

Cod Fillet with Mornay Sauce

Fillet of cod cooked with a tasty cheese sauce. Served with parsley boiled potatoes, green beans, peas and Romano beans.

568 £6.75 400g				
Each meal contains				
Energy (kcal per 100g)	Vegetables	Sugars	Salt	
17%	11%	5.3g	5.8g	1.2g
% of an adult's reference intake				

MAIN MEALS

Salmon Fillet in Mint Butter Sauce

Wild salmon fillet with mint butter sauce.
Served with boiled potatoes, carrots and peas.

7754 **£7.25** 480g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
111g	4-4g	0.0g	1.2g	
18%	16%	22%	8%	20%

% of an adult's reference intake


Love Salmon?

Try our
Warm Salmon & Potato Salad
on page 39

CHF'S
Favourites
DESSERTS

Extra special desserts for when
you fancy a spot of indulgence.

Find them on page 93-95




Beef Bourguignon

Slices of Silverside beef in a rich red wine sauce with silverskin onions, mushrooms and bacon lardons. Served with roast potatoes and cauliflower in a Cheddar cheese sauce.

Each meal contains			
Energy 2000 kJ / 480 kcal	Fat 16g	Saturated Sugars 6.6g	Salt 8.8g
22%	28%	13%	45%

% of an adult's reference intake



Beef & Stilton Pie

Pieces of beef, root vegetables and blue Stilton in gravy. Topped with a puff pastry lid and served with mashed potato and red cabbage with apple and port.

Each meal contains			
Energy 2000 kJ / 480 kcal	Fat 36g	Saturated Sugars 16g	Salt 25g
30%	61%	35%	28%

% of an adult's reference intake



Chicken Breast in White Wine & Mushroom Sauce

Chicken breast in a creamy mushroom and white wine sauce. Served with skin on parsley potatoes, carrots and Romano beans.

625 £6.15 450g				
Each meal contains				
Energy (kcal per 100g)	Fat 25g	Saturated 2.5g	Sugar 7.7g	Salt 1.1g
100%	100%	50%	8%	18%

% of adult's reference intake



Salmon Fillet in Mint Butter Sauce

Wild salmon fillet with mint butter sauce. Served with boiled potatoes, carrots and peas.

775d £7.25 450g				
Each meal contains				
Energy (kcal per 100g)	Fat 25g	Saturated 4.4g	Sugar 0.9g	Salt 1.2g
100%	100%	88%	8%	28%

% of adult's reference intake

Cod Fillet with Mornay Sauce

Fillet of cod cooked with a tasty cheese sauce. Served with parsley boiled potatoes, green beans, peas and Romano beans.

668 **£6.75** 400g **GF**

Each meal contains

Energy	Fat	Saturated	Sugars	Salt
1000 kJ / 240 kcal	11g	5.3g	5.6g	1.2g
20%	20%	10%	10%	25%

% of adult reference intake

CHEF'S Favourites

DESSERTS

Extra special desserts for when you fancy a spot of indulgence.

Find them on page 93-95

52

wiltshirefarmfoods.co.uk

Sausages in Rich Onion Gravy

Two sausages in onion gravy with Cheddar cheese mashed potato. Served with red cabbage with apple & port and carrots.

4117	£5.99	370g
Each meal contains		
Energy 1281 kJ 307 kcal	Fat 24g	Saturated 11g
1281 kJ 307 kcal	18g	14g
307 kcal	3.0g	2.0g
% of an adult's reference intake		

Beef & Stilton Pie

Pieces of beef, root vegetables and blue Stilton in gravy. Topped with a puff pastry lid and served with mashed potato and red cabbage with apple and port.

7515	£6.55	450g
Each meal contains		
Energy 2166 kJ 519 kcal	Fat 26g	Saturated 16g
2166 kJ 519 kcal	16g	12g
519 kcal	2.4g	2.0g
% of an adult's reference intake		



Summary

- Aspiration
 - Set challenging targets
 - Make a start.....
- “Nudge theory”
 - Small changes make a difference
- Supply & Demand focus
 - Choice Architecture





Making a real difference

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EST. FARM 1991

FOODS