

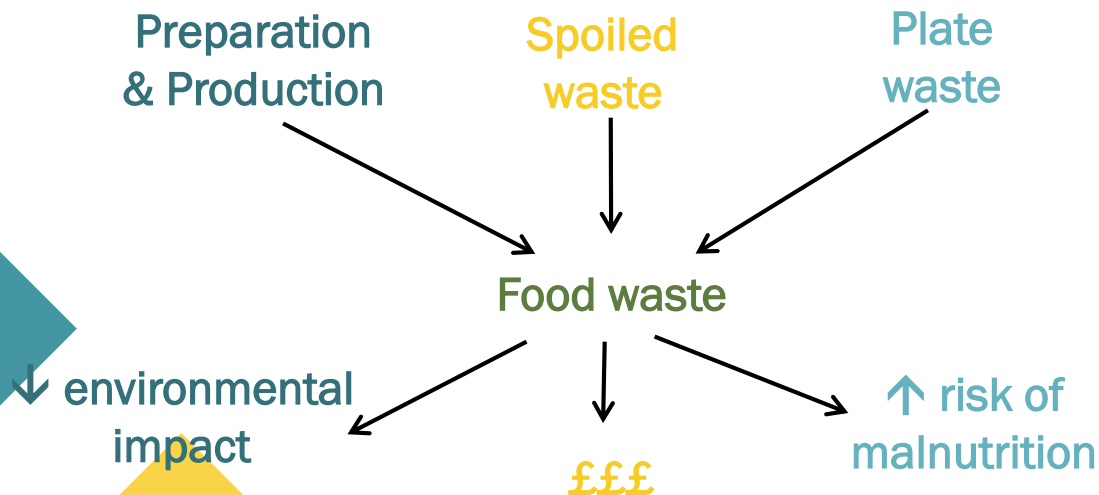
Food waste from low carbon emissions menus

Background

- NHS hospital catering service contributes ~ 3%

Aims

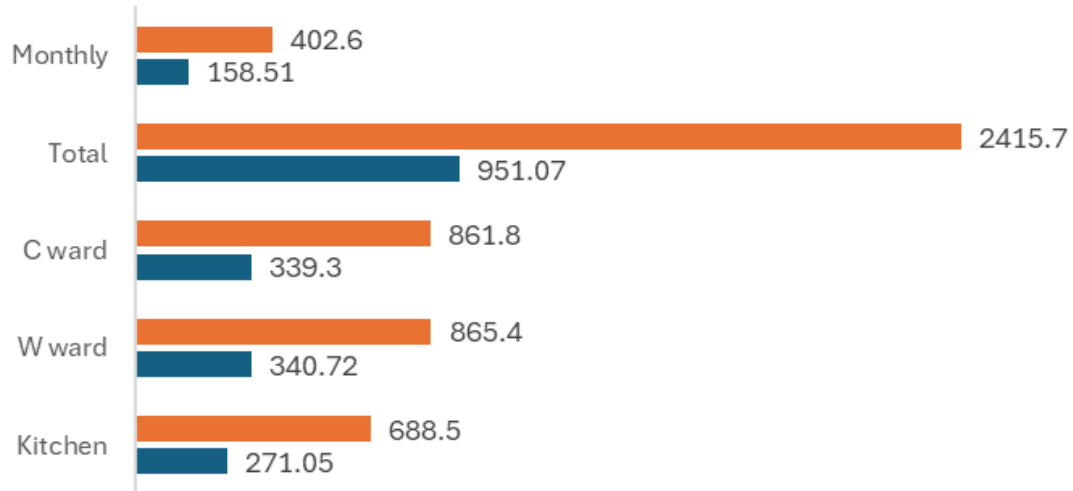
- To investigate the amount of food waste generated by :
 - Wards
 - Kitchen
 - Summer and Winter low carbon emissions menus
- To assess whether menu adjustments are needed to reduce food waste and associated carbon footprint.



Results

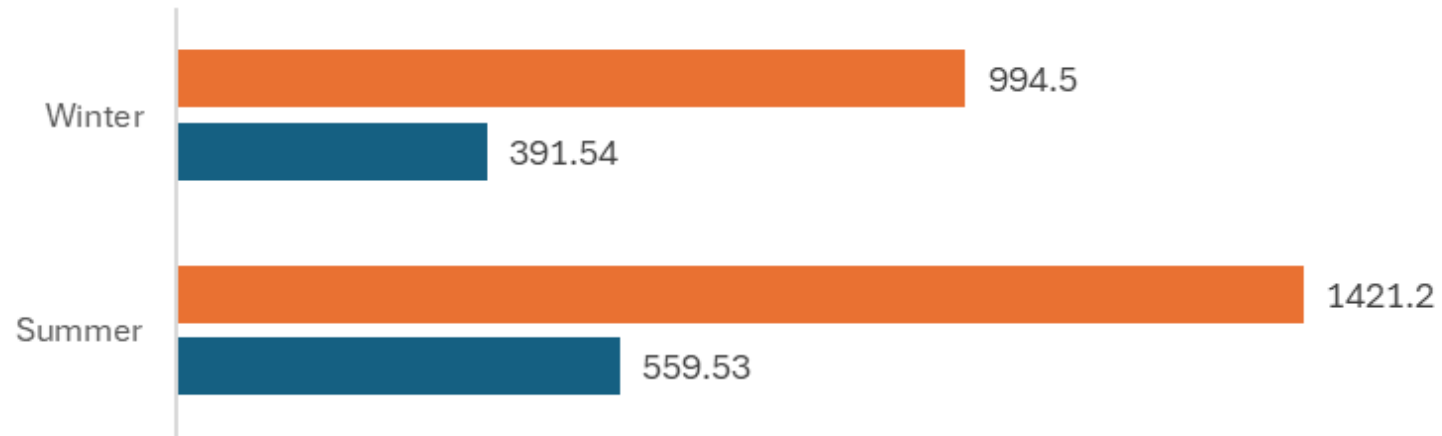
1. Total food waste over six months

Carbon footprint (KgCO₂e) Weight (kg)



2. Food waste of the summer and winter menus

Carbon footprint (KgCO₂e) Weight (kg)



Specific days with high food waste from the **summer** menu:

- **Sunday roast** of week 2 (average 9.42kg; 23.9 KgCO₂e)
- **Meat free Mondays** of week 3 (average 8.64kg; 21.9 KgCO₂e).

In the **winter** menu:

- **Monday** Quorn Chilli and Chicken massaman curry (on average 7.58kg; 19.3 KgCO₂e)
- **Tuesday** Fish pie and macaroni (on average 6.73kg; 17.1 KgCO₂e) of week 1
- **Friday** Fish and chips or Vegan burger (on average 6.17kg; 15.7 KgCO₂e) of week 2.

Discussion

- The low-carbon emission winter menu provided minimal food waste and reduced carbon emissions as a whole, weekly and daily.
- Contributing factors: Food portion size and Chefs' familiarity.
- Highest daily food waste levels on both menus included roast meals, meat free days and fish or pasta days.
- The NHS England Net zero team has already reported on NHS food waste from roast meals
- We are learning about meat free days and other sustainable changes.

Conclusion

- The low-carbon emission winter menu reduced food waste and carbon emissions
- The summer menu needed adjustments to optimise menu planning and minimise waste while maintaining nutritional quality and patient choice.

Acknowledgement

Charles Kizito and facility team at Mildmay for all their support with food waste collection.



Mildmay Hospital

