NR EXCHANGE SOCIETY

Best Practices

Take-out/Fast Food Service Sustainable Practices

NANAIMO RECYCLING
EXCHANGE SOCIETY
2023

www.recycling.bc.ca

Preamble

This document is a collection of ideas, tools, and options for sustainable everyday living. We all live within larger systems: some are natural and some are human-made systems that research says have damaged natural systems. One premise of this document is that human systems can be re-designed to let natural systems regenerate.

Take our economic systems: perpetual growth has long been the gold standard. Our planet and natural systems cannot withstand perpetual growth; indeed, natural systems monitor and curb growth continually. Some believe we are calling that climate change.

Gaylord Nelson has been saying the economy is a wholly owned subsidiary of the environment since the 1970's, yet the environment has never been factored into measures of economic performance.

Some research promotes the circular economy that keeps materials in the economy longer than the linear economy of take, make, waste. Inasmuch as circular systems can mimic nature's closed systems, circular theory is useful. But, economic imperatives of perpetual growth continue to defeat any circular system theory.

Models of de-growth economic systems have been pondered since 1972, but have remained fringe theory. De-growth concepts have gained traction in recent years to address the climate change emergency. Critics are hesitant to turn the progress clock back to living in caves with fire, while proponents say it's as simple as changing diets and living in smaller houses.

Organizations like World Economic Forum and Open Democracy provide libraries of new thoughts and research to help us consider new larger systems. It's always good to learn.

The good news: everyday living for sustainability is in your hands today.

Background

In 2020, Nanaimo Recycling Exchange Society (NRES) performed Waste Audits for several businesses in Nanaimo Regional District (RDN) to examine the types of waste materials business owners were managing. Each business received a report, with a plan for implementing recommended solutions.

Because waste management is the responsibility of the RDN, NRES submitted results of the audits and recommendations in a report to the RDN. Read NRES 2021 ICI Waste Audit Project Report at https://www.recycling.bc.ca/_files/ugd/b8386c_58323d12530f44db9e1f7c5cb514a247.pdf?index=true

Results of the fast food/take out waste audit and subsequent research highlight wide variation in food service practices, and no single model for Best Practices. There is no single model of food service, but fast food dine-in, fast food take-out, slow food take-out, and slow food dine-in services have common practices worth noting to address waste, pollution and climate change.

Convenience food practices are often defended in false narrative terms of “giving the customer what they want.” Convenience food supply chains have interrupted, infiltrated, and disregarded what people want in order to maximize profit, while holding chefs, food managers, and customers hostage to industrial farming and food production chains.

Best Practices for take-out food are designed to take back the supply chain and challenge blind acceptance of the convenience imperative. NRES waste audits and subsequent research found no food providers with intention or desire to perpetuate pollution, and no customers intending or desiring to degrade the planet. Indeed, current customer research states the opposite.

Fast food and take-out providers are not targeted in these best practices. All descriptors and practices in this model can be generalized to other food service models.

What does Best Practice Mean?

The NRES promotes the Conserver Society as a model of environmental governance and the relationship between society and nature. In 1973, the Science Council of Canada recommended that Canadians change their way of life and “begin the transition from a consumer society preoccupied with resource exploitation to a conserver society engaged in more constructive endeavours."

All Best Practice Models are based in guiding principles of the Conserver Society such as

- most environmental problems cannot be resolved until the basic causes are corrected, and
- many environmental problems are symptoms of the larger problems of a society dedicated to turning resources into garbage as fast as possible in the interests of short-term economic growth.

Best practice depends on two rules to help solve the root problems.

Rule # 1: Know the flow
In a food service business, the flow of food is the priority. Waste is the unintended consequence of sourcing, transporting, preparing, packaging, and delivering the food. Remove the waste; deliver the food. Good for business and good for climate change.

To understand the flow of waste, ask these questions.

- Does the business acquire waste that arrives with food and supplies?
- Does the business create waste during preparation?
- Does the business download waste into the community?

Rule # 2. Learn to conserve resources and avoid waste.
Conserving materials is more important than managing waste. Conserving materials avoids waste, pollution, over-consumption and over-production that ultimately impacts the state of the planet. Conserving material also avoids the futile search for sustainable management of waste.

Avoiding waste is key for cost-savings, and for climate change.

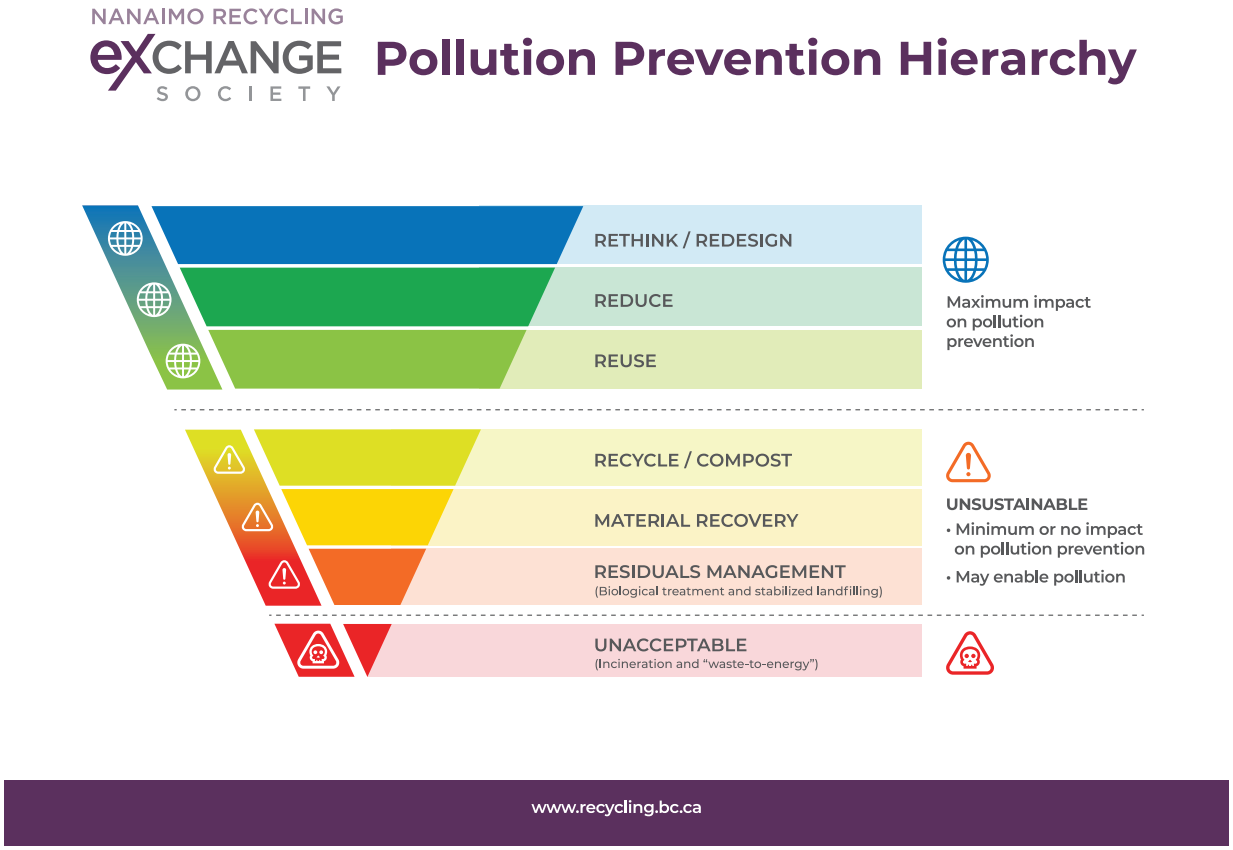
Remember the 3R's?
Reduce: Reduce production and consumption. Reduce environmental impact of what has been produced.
Reuse: What you can't reduce, you try to reuse.
Recycle: What you can't reuse, you try to recycle.

The 3 R's weren't meant to be equal. Reduce is first and most important. Then comes Reuse, and then comes Recycle. The trouble is, everybody got too hung up on Recycle. Reduce has more impact on production, consumption, pollution, and climate change and so it should have been applied first.

The 3R's model has been replaced by the Pollution Prevention Hierarchy. NRES has developed a Pollution Prevention Hierarchy that helps the user choose solutions with the highest impact on pollution prevention. The first step is now ReThink/ReDesign to avoid waste and pollution for the highest pollution prevention impact.

Use the Pollution Prevention Hierarchy to ReThink each practice at your business, and develop new policies and procedures.

Best Practice for Food take-out service is to avoid waste.



Symbols on the left side determine whether the choice is sustainable or not sustainable. The Planet symbol indicates the choice is sustainable; the Caution symbol warns about choices that are not sustainable. Sustainable is used for high impact activities that prevent pollution and degradation of the planet. Unsustainable is described on the right side under the Caution symbol.

How to Use the Hierarchy

Always start with ReThink and ReDesign. The purpose of ReThink is to first find ways to avoid waste and pollution altogether. All options for ReThink and ReDesign to eliminate should be applied before moving downwards, one step at a time, to options of Reduce, and Reuse. These are the most important and the only sustainable options because they are driven by environmental considerations.

Every practice below ReThink and ReDesign to eliminate is less desirable, and can result in more pollution than the options above.

The top 3 levels are considered sustainable practice and they should govern the bulk of daily practice. That's why the levels are bigger and wider. The levels below are to be avoided because they don't address over-consumption or over-production.

ReThink all aspects of take-out service

Take-out businesses have historically been connected with fast, low-cost food, and the resulting waste and pollution from excess packaging and mismanaged litter. More recently, take out and fast food has been connected to climate change from degradation of forests and eco-systems to raise livestock, and food for livestock. Centralized, global food supply chains are under scrutiny for greenhouse gas emissions from production and transportation across the planet to food service outlets, and for single-use packaging supplied from the outlets.

From a business perspective, the benefits of operating a take-out fast food franchise are self-evident. The food is familiar, it's easily reproduced, and it's popular and relatively inexpensive. These benefits are now being weighed against public pressure to address imperatives of environmental degradation and climate change.

Convenience was an important driver that made take-out food a game changer in the 1950's. Eating in the car began as a novelty and continues today as a way of life, with global consequences. Pre-processed, fast cooking food requirements changed the supply chains, farming practices, and food preferences. To-go food spending is almost equal to grocery food spending in Canada.

Convenience has possibly more relevance to busy lives today than in earlier times. Seemingly, the drive for convenience overrides concern about the causal relationship between convenience food and climate change. While researchers report that Climate Change Impact warnings on food menus affect customer choices, menu selection is only part of the problem.

There are many aspects of take out food service that affect environmental footprint. While the fast food/take out industry historically favours incremental change, climate change requires revolutionary change. What is the high impact recipe that preserves the experience, yet protects the planet?

ReThink Responsibility and Response

For 75 years, Smokey the Bear has been saying "Only you can prevent Wildfires." The message changed individual behaviour, which impacted the masses. Smokey became a household name and a beloved symbol of the forests that needed everyone's protection. The forest fires of Smokey's time are now symbolic of the planet burning from over-production, consumption, and climate change. Smokey's house is on fire. Bambi is still running, and there is nowhere left to run.

If Smokey came out of retirement today, the message would be the same, "only you can prevent wildfires from climate change." It's up to each individual to learn how a single choice made by one person affects the entire planet. Everyday choices help or hurt the planet.
Everyday choices for business help or hurt the planet.

The public is ready for far-reaching change: about 66% of purchasers today are willing to pay more for environmentally friendly products, but only 38% of people trust environmental claims made by businesses. That means a first step can be to model sustainability instead of selling a green image or the next green solution. There is nothing to buy: the solutions will come from thinking, changing practices, and adapting with your customers. Greenwashing is a messaging effort to appear relevant to customers. It's better to actually be relevant.
Read: Sins of Greenwashing: https://www.ul.com/insights/sins-greenwashing

No business is 100% environmentally sustainable: any real change will help the planet. Be what your message says, and be honest about the limitations. Transparency is important, so build trust and knowledge with credible local partners who practice sustainability, and who can help support the transition.
Read: Business of Sustainability Index
https://greenprint.eco/wp-content/uploads/2022/06/GreenPrint-Business-of-Sustainability-Index-2022.pdf

ReThink Solutions

In the 1990's, recycling seemed like a good solution to reduce pollution. Now we know that recycling didn't reduce pollution—or production, or consumption. Now we know that recycling can only help reduce new production when overall production growth is held to 1% or lower per year, and recycling is at 80% or higher. We are far from these targets; for plastic alone, production increases were at 4.3% for 2022. Overall industrial production growth hovered around a 4% increase in 2022. We recycle 9% of plastic, (2% into an equally useful item) adding more toxic chemicals to do so while removing none from the planet.

Today we recognize the unintended consequences of a dependence on recycling. At best, recycling delays disposal to landfill. At worst, recycling enables unfettered consumption fuelled by a belief that recycling reverses consumption damage. Overuse of traditional recycling, and corruption of the definition (using plastic as fuel to make cement is now called recycling) has blocked advancement of Reduce and Reuse. Canada has the largest annual waste per capita worldwide.

Even if recycling could help, it won't be chosen. It is more profitable to manufacture new plastic using cheap shale gas from fracking than it is to recycle plastic.

The high-impact solution now is to forget about recycling as the solution. ReThink, Reduce and Reuse address the root cause of increasing waste, and endless unsustainable recycling. No need to wait for new technology, or government, or industry. Individuals have the solutions.

Watch: Two minutes of truth video about recycling
https://www.cbsnews.com/news/plastic-recycling-failed-concept-us-greenpeace-study-5-percent-recycled-production-up/

Read: Food Packaging and Recycling
https://www.foodpackagingforum.org/packaging-fact-sheets

Read: Post Growth Institute—Healthy economy and healthy planet
https://www.postgrowth.org/about-post-growth-economics

Read: What Happened to Recycling
https://www.recycling.bc.ca/recycling-part-1

ReThink Use of plastic

Pollution prevention can be achieved by reducing plastic production and consumption. Plastic causes pollution from the stage of raw material extraction and production throughout a 400 to 600 year lifecycle. There is no technology or solution for managing the amount of plastic on the planet, and plastic is causing environmental destruction. Each year, 150 million metric tonnes of packaging becomes pollution, and that is far too much for the planet to bear.

According to the Break Free From Plastic Pollution Brand Audit, 3 of the 5 top global plastic polluters are fast food restaurants, and the other 2 are suppliers to restaurants. Business owners should know that most plastic isn't recycled. Plastic waste from commercial sources is rarely recycled because of low market value. Increasingly, plastic gets used as alternative fuel in cement kilns, or is lost to pollution. In BC, 30,000 metric tonnes of household plastic packaging entered the environment as pollution in 2020.

Recent science highlights dangers of chemical migration into food sources from plastic packaging. Evidence shows that while virgin plastics contain known hazardous chemicals and untested chemicals which can be hazardous, recycled plastics contain (almost always) higher levels of hazardous substances; in both cases, these chemicals can end up in the human body due to their migration from the food contact materials to food and drink. The Canadian Environmental Protection Act has designated Manufactured plastic items as a toxic substance.

Best Practice is to stop using and purchasing plastic products and packaging.

Read: Food Packaging and Human Health Factsheet
https://www.foodpackagingforum.org/food-packaging-health/migration

Watch: Video: Break Free From Plastic (open link; scroll to video)
https://brandaudit.breakfreefromplastic.org/brand-audit-2022/
Watch: Story of Plastic
https://www.youtube.com/watch?v=iO3SA4YyEYU

Watch: Plastic: Lifecycle or Death Spiral
https://www.youtube.com/watch?v=3_lMwNHIt-U&t=11s

Compostable Plastic is not a solution
The compostable plastics industry is marketing strongly for replacement of plastics with compostable plastic. Regardless of certification, compostable bags, cutlery, food ware, and compostable plastic packaging is not compostable in municipal facilities. It will be screened from the local composting facility and delivered to Nanaimo Regional District Landfill.

The Operational Certificate for the Nanaimo composting facility states:

> *Section 3.1 Compostable Materials - The Operational Certificate holder must not receive or process more than 20,000 wet tonnes of organic materials per year. The Operational Certificate holder is only authorized to process the following compostable materials: food waste, yard and garden waste, and fish waste.*

Compostable plastic packaging is single-use garbage.

Oxo degradable/biodegradable plastic is not a solution
Oxo-degradable plastics (including oxo-biodegradable) and plastics with oxo-degradable additives contribute to microplastic pollution, and are not suitable for long-term reuse, recycling, or composting. Oxo-degradable plastics contain additives that lead to fragmentation of the plastics into microplastics that further contaminate the environment. Read more at https://www.sciencedirect.com/science/article/pii/S0160412020320213?via%3Dihub

ReThink Single-use Packaging

Single-use beverage cups are amongst the top items found littered on beaches around the world. Most of the 500 billion single-use cups consumed each year end up discarded as litter.
By contrast, 500 uses of a reusable cup reduces climate impact by 69% compared to a single-use cup, even when recycling and type of single-use cup is factored. This highlights the importance of ReThink and ReDesign over waste management.

Read more: Single-use Beverage Cups and their Alternatives:
https://www.lifecycleinitiative.org/library/single-use-beverage-cups-and-their-alternatives-lca/

Regardless of composition, all single-use packaging is unsustainable. Green-washing terms of renewable, fibre based, compostable, bamboo, eco-enclosed, carbon neutral, recyclable, plant based, cellulose, biodegradable, oxo-degradable, earth friendly, zero waste, circular, photodegradable, net positive virgin source, and regenerative are being used to sanction further plundering of resources in order to say “not plastic.” No alternative material makes single use packaging sustainable; more accurately, production of alternatives increases greenhouse gas emissions and increases waste.

Best Practice is to eliminate single-use packaging and prioritize financial resources for food.

No single business bears the burden of eliminating single use packaging. To level the playing field, all levels of government are implementing bans on single use plastic products. The six categories of

single-use plastic include: checkout bags, cutlery, foodservice ware made from hard-to-recycle plastics, ring carriers, stir sticks, and straws.

To provide businesses in Canada with enough time to transition and to deplete their existing stocks, the Regulations will enter into force through a phased approach:

- Starting on December 20, 2022, with the prohibition on the import and manufacture of single-use plastic checkout bags, cutlery, foodservice ware made from problematic plastics, stir sticks, and straws; the prohibition on the sale of these items will come into force in December 2023.
- In June 2023, the manufacture and import of ring carriers in Canada will be prohibited and the sale of these items will be prohibited in June 2024.
- As of June 2024, the sale of flexible straws packaged with beverage containers will be prohibited.
- By the end of 2025 the Government will also prohibit the manufacture and import for the purposes of export of all six categories of single-use plastics, making Canada the first among peer jurisdictions to do so internationally.
- These phased timelines recognize the complexity associated with retooling manufacturing lines for these products.

Read details at https://www.canada.ca/en/environment-climate-change/news/2022/12/change-is-here-canadas-ban-on-certain-harmful-single-use-plastics-starts-to-take-effect-this-month.html

ReThink Supply Chains

Supply chain control is critical for reducing waste and pollution, and for addressing impact on climate change. Food sourcing is the most critical component of the supply chain. Food transport is now thought to be responsible for 19% of total food system emissions, with 92% of imported fruit traveling more than 1500 km. About 13% of food is lost between harvest and retail or service outlet.

Centralized supply chains, found in most well known fast food/take out franchises, are the most significant barriers to sustainable food procurement. Centralized food production and shipping long distances to outlets causes higher greenhouse gas emissions than local food sourcing. Somehow it became necessary for the franchise meal experience in Nova Scotia to mirror exactly the meal experience in Alberta foothills. Would it be so bad if sustainability in a coastal town tasted different from sustainability on the prairies? Such false imperatives come up short against environmental degradation. Tourism is founded on the local experience.

Centralized supply chains use unsustainable amounts and types of packaging to protect food over the long distances and multiple transport modes to destinations. Packaging accounts for about 40% of plastic pollution, imported into communities as food wrappings.

The Canadian government is showing a new appreciation for environmental aspects of food issues across the elements of the food system (harvest, production, processing, distribution, consumption, and disposal) and is supporting community-based local capacity building. The federal government has launched and funded new programming to help farmers adopt sustainable practices and clean technologies in order to reduce environmental impacts and enhance the climate resilience of our food systems.

Read: How Our Food Systems Affect Climate Change
https://foodprint.org/issues/how-our-food-system-affects-climate-change/

Reduce foodprint

When it comes to supply chain flexibility, small business has the advantage over large franchises, and the supply chain is the leverage point. Small business owners can go down the road to the farm and create a fully functional, perfectly scaled circular economy with the farmer. Small, local circle: light foodprint.

Sourcing locally farmed food reduces emissions and pollution from industrial food production, packaging, storage, and long-distance food transport. Supporting local regenerative farming practices promotes market stability, protects our environment, and will lower costs. Specifically, local farmers raise animals on pasture and forest lands allowing manure to replenish the soil, and livestock to graze on pastures that match digestive systems to reduce methane emissions. Leveraging seasonal abundance further reduces delivery footprint, and lowers costs.

Purchase from sustainable local food sources:
http://www.omegabluefarms.ca/index.php/morganic

https://www.glassenfarms.com/about

https://www.growingopportunities.org

https://www.facebook.com/VanIslandFarm/

https://www.facebook.com/LivingSoilsFarm/

https://www.deerholme.com

https://cow-op.ca

Reduce Packaging Most local products can be delivered in reusable crates, eliminating plastic packaging. Local meat can be delivered in plain butcher wrap (with no plastic lining), or in a reusable container. New start-up services are providing condiments in refillable metal kegs.

Examine your procurement and storage practices

- buy bulk ingredients using refillable containers,
- buy bulk during peak supply season, and
- dry, freeze, or preserve excess supply.

In 2022, costs of paper and plastic packaging increased by almost 45%, and that is good reason to lower costs and leverage the benefits.

ReThink the Menu

On average it takes about 1,800 gallons of water to harvest a single pound of meat, and the meat industry is responsible for around one-fifth of human generated greenhouse gas emissions directly contributing to climate change. While livestock takes up 77% of the world's agricultural land, it produces just 37% of total protein.

Reduce Food and Food Waste

Supersized portions have become the norm for many take-out and fast food outlets: service portion size has increased since the 1970's and the excess can be considered waste. Generic condiments and flavourings from industrial food laboratories, are packaged and transported in all manners across the planet. These are often over-supplied to customers resulting in food and packaging waste.

Reduce meat: Reduce meat serving sizes to three ounces or smaller. Increase non-meat options.

Reduce Portion Sizes: Reducing demand for food reduces climate effects from overall production, and reduces costs for the business.

Reduce Menu choices. Study customer choices and favourites. Restrict options to locally sourced ingredients. Variety will come from seasonal offerings. Consider a-la-carte menu systems as alternatives to full meal options. Consider offering two sizes of meals to incentivize sustainable food consumption and avoid waste.
Note: Research shows that customers choose environmentally sustainable selections more than unsustainable selections when they are identified on the menu. Read research at https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2799947?resultClick=3

Reduce industrial food. Make fresh and seasonal custom condiments, herb/spice blends, and dishes that represent Vancouver Island.

Reduce food waste: Farm-to-table theory promotes sourcing high-quality produce and ingredients from local farms, farmer's markets, or suppliers who buy from local farmers. Local food is proven to be fresher, and results in less spoilage because of time and distance between the farm and the kitchen. Offering premium food in smaller portions reduces food waste.

Other practices that prevent food waste could be

- eliminate all self-serve options for condiments and drinks,
- eliminate all free refill options.

- repurpose excess food into stock or sauce,
- compost only as a last resort,
- correct ordering and storage practices to reduce waste.

Read more tips for restaurant operators to reduce food waste
https://www.restaurantnews.com/expert-tips-to-reduce-food-waste-in-restaurants-032222/

ReThink Dine in/Take Out Technology

Take out food systems rely on single-use packaging, typically made from paper and plastic. Trees cut and oil drilled, transported to mills and refineries, to transport, to manufacture, to transport, to warehouse, to transport, to food outlet—to get used for 5 to 10 minutes are better left in the ground as carbon sinks. ReThink the cumulative effect of removing more trees and drilling more oil, and creating more emissions, while removing the natural carbon caretakers of the planet. ReThink wasting money.

Reuse Options

Provide dine-in options. Partner with a local reuse store to purchase used dishes and utensils. Supply of dishware far outstrips demand in the reuse sector; therefore, purchase and replacement costs will be minimal. Use an energy efficient dishwasher (some recycle steam to heat water). Use price incentives to promote “Use your own Container and Cutlery” programs for take away. If commercial condiments are used, implement standard condiment measures added from reusable, refillable containers by cook staff. Refillable container systems are evolving as reuse and refill popularity increases.
Read more about new products at https://server-products.com/equipment/pumps/touchless-dispensers/TE-Direct-Pour-Large-Capacity.htm

Read: Reuse Wins: the business case for reuse in food service
https://drive.google.com/file/d/1opgKG9Xr63-vIT-yTlhMp85-PZz6ltgf/view

Ask for reusable packaging from wholesale food suppliers. Study supplier online profiles: most businesses are going to great lengths to communicate a green image. This means there is leverage to request sustainable reusable and refillable services.

Provide reusable, washable dishware for take-out. Some take-out facilities have no space or dishwasher capability for reusable dishware. There are two reuse options:

1. Implement and incentivize a Bring Your Own Container program.
2. Partner with local business that provides reusable take-out containers.
   Reusables VI at https://reusablesvi.com

Watch: Roadmap to Reuse
https://upstreamsolutions.org/roadmap-to-reuse

⚠ Caution: Avoid using plastic take-out containers made to look durable and stamped "Reusable." The stamp implies the customer can reuse the container at home, while the business continues to hand out single-use packaging with each food order. This disingenuous re-definition of reuse is Big Plastic greenwashing at its best. The practice downloads the obligation to reuse on to the customer, ensures continued production of single-use plastic packaging, and adds further pollution into the community.

Best Practice for reuse is to use products designed to be durable, washable, or routinely used for its original purpose multiple times in a closed loop system.

ReThink Facility/General operations

Best Practices to maintain a physical facility could include procurement of reused furniture and decorations, and all tools of the trade. However, Best Practice for existing facilities does not mean throw out all retail procurements and buy used. Reused furniture can be considered at end of life of existing furniture, and reused equipment can be considered where practical.

Reduce

Reduce environmental impact and toxicity of cleaning and other supplies.

Reuse

Reuse options are

- choose cleaning products from bulk provider using refillable containers,
- choose procurement and laundering of Unpaper Towels from VI Refillery at https://www.virefillery.ca,
- choose used towels cut into cleaning cloths from local reuse outlets and launder on site or through a linen service https://alsco.com/restaurant/

ReThink partnerships Commitment to sustainability is commitment to the community.

Partner with the Community: Supporting local farms will mainstream local supply chains, and increase access to fresh sustainable food at lower prices. In return, every food order strengthens the concepts of sustainability, local economy, and local food security.

- Create special event menu options with ingredients from a neighborhood garden.

- Showcase/consider selling products from local farms and local specialty food producers.
- Consider the Lending Library concept of reusable dishware/utensils for customers.
- Follow the research: use proven techniques to direct and normalize sustainable choices and eliminate costs of disposable packaging.

Read: Increase Reusable Dinnerware Selection in Cafeteria
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1885413/

Compost

When you procure food from local farmers, return compostable materials to the farm.
Consider recycling used cooking oil https://www.cowichanbiodiesel.org

Do not go where the path may lead-
go instead where there is no path and leave a trail.

APPENDIX A

Document Links/Additional Links

ReThink All Aspects of Take-Out Service

Read: Health Canada releases assessment report on effects of climate change on health
https://www.canada.ca/en/health-canada/news/2022/02/health-canada-releases-assessment-report-on-effects-of-climate-change-on-health.html

ReThink Responsibility and Response

Read: Sins of Green Washing
https://www.ul.com/insights/sins-greenwashing

Read: Business of Sustainability Index
https://greenprint.eco/wp-content/uploads/2022/06/GreenPrint-Business-of-Sustainability-Index-2022.pdf

ReThink Solutions

Watch: Two minutes of truth video about recycling
https://www.cbsnews.com/news/plastic-recycling-failed-concept-us-greenpeace-study-5-percent-recycled-production-up/

Read: Food Packaging and Recycling
https://www.foodpackagingforum.org/packaging-fact-sheets

Read: Post Growth Institute—Healthy economy and healthy planet.
https://www.postgrowth.org/about-post-growth-economics

Read: What Happened to Recycling
https://www.recycling.bc.ca/recycling-part-1

ReThink Use of Plastic

Read: Food Packaging and Human Health Factsheet
https://www.foodpackagingforum.org/resources/fact-sheet-en

Watch: Break Free From Plastic (open link; scroll to video)
https://brandaudit.breakfreefromplastic.org/brand-audit-2022/

Watch: Story of Plastic
https://www.youtube.com/watch?v=iO3SA4YyEYU

Watch: Plastic: Lifecycle or Death Spiral
https://www.youtube.com/watch?v=3_lMwNHIt-U&t=11s

Read: Oxo degradable/biodegradable plastic is not a solution
https://www.sciencedirect.com/science/article/pii/S0160412020320213?via%3Dihub

Read: Government of Canada Order adds Plastic as Toxic Substance to Canadian Environmental Protection Act
https://canadagazette.gc.ca/rp-pr/p2/2021/2021-05-12/html/sor-dors86-eng.html

ReThink Single-Use Packaging

Read: Single-use Beverage Cups and their Alternatives
https://www.lifecycleinitiative.org/library/single-use-beverage-cups-and-their-alternatives-lca/

Read: Change is here: Government of Canada bans on Single Use Plastic
https://www.canada.ca/en/environment-climate-change/news/2022/12/change-is-here-canadas-ban-on-certain-harmful-single-use-plastics-starts-to-take-effect-this-month.html

ReThink Supply Chains

Read: How Our Food Systems Affect Climate Change
https://foodprint.org/issues/how-our-food-system-affects-climate-change/

Reduce FoodPrint

Purchase from sustainable Local Food Sources
http://www.omegabluefarms.ca/index.php/morganic
https://www.glassenfarms.com/about
https://www.growingopportunities.org
https://www.facebook.com/VanIslandFarm/
https://www.facebook.com/LivingSoilsFarm/
https://www.deerholme.com
https://cow-op.ca

Vancouver Island Food Charter
http://www.islandfoodhubs.ca/food-charter.html

Fraser Valley Farm Directory
https://www.bcfarmfresh.com/farms/

Reduce Food and Food Waste

Read: Effect of Climate Change Impact Menu Labels on Fast Food Ordering Choices
https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2799947?resultClick=3

Read: Tips for Restaurant Operators to Prevent Food Waste
https://www.restaurantnews.com/expert-tips-to-reduce-food-waste-in-restaurants-032222/

Reuse Options

Large Capacity Touchless Condiment Dispensers
https://server-products.com/equipment/pumps/touchless-dispensers/TE-Direct-Pour-Large-Capacity.htm

Read: Reuse Wins: the business case for reuse in food service
https://drive.google.com/file/d/1opgKG9Xr63-vIT-yTlhMp85-PZz6ltgf/view

Local Reusable Take Out Container Service
https://reusablesvi.com

Watch: Roadmap to Reuse
https://upstreamsolutions.org/roadmap-to-reuse

Read: Provincial Policy on Reusable Food Containers in Food Premises in British Columbia.
https://www2.gov.bc.ca/assets/gov/health/keeping-bc-healthy-safe/food-safety-security/policy_on_the_use_of_reusable_containers_2022_02.pdf

Reduce Facility/General Options

Local Refill Stores
https://www.virefillery.ca

Local Second Hand Stores
https://www.google.com/search?client=safari&rls=en&q=Thrift+Shop+on+Vancouver+Island&ie=UTF-8&oe=UTF-8

Linen & Laundry Service
https://alsco.com/restaurant/

ReThink Partnerships

Read: Increase Reusable Dinnerware Selection in Cafeteria
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1885413/

Recycle/Compost

Used Cooking Oil Recycling
https://www.cowichanbiodiesel.org