

## CamEATS ZERO Successfully Launched on February 12 2024

The CamEATS ZERO Sustainable Food Initiative was successfully launched on February 12, 2024, marking an important step towards inspiring and supporting Cambridge Colleges to build on the progress they have already made to achieve even more sustainable food policies and practices. Staff, students and fellows from all 31 Colleges registered to attend.

Baroness Sally Morgan, Master of Fitzwilliam College and Co-chair of the Steering Group for the initiative, introduced the event. This was followed by an engaging discussion with four panellists - Bhaskar Vira, Pro Vice Chancellor of Education, Professor Emily Shuckburgh, Director of Cambridge Zero, Ivan Higney, Catering Manager of Darwin College and member of the Steering group, and Sarah Carr, JCR representative on the Steering Group, from Downing College.

The Panel discussed the four actions that are core to CamEATS ZERO and how best to support and engage Colleges to achieve these:

1. Increasing the proportion of plant-based (vegan) meals offered with a view to these being at least half the meals offered.
2. Reducing ruminant meats (beef, lamb, venison) offered with a view to phasing them out.
3. Serving only sustainably sourced seafood.
4. Reducing food waste by at least 50%.

The discussion was then opened up leading to a wide-ranging discussion, covering topics from the need for adequate nutrition in sustainable meals to the importance of fair-trade products and animal welfare. Attendees were encouraged to go to the CamEATS ZERO [webpage](#) to find more details of the initiative including a detailed document on the scientific basis for the initiative including responses to frequently asked questions about sustainable food practices and diets.



Following the session, attendees enjoyed a drinks reception featuring a selection of delicious plant-based appetizers prepared by chefs at Christ's including mushroom and walnut crostini with truffle oil and grilled artichoke tartlet with cashew pesto.

## Next Steps

Two sets of training workshops are being set up:

- (a) preparing plant-based meals
- (b) food waste reduction strategies

## Sharing best practice

We are preparing a document on CamEATS ZERO webpage that will be updated every two weeks for catering staff and others to share their best practice including:

### *Recipes for delicious plant-based meals*

- Please send us your favourite recipes with a photograph so we can share them on our webpage.
- We will also be sharing the recipes shortlisted from the Plan(e)t-Based Food - sustainable college meal design competition, which was open to all university members, and hope to repeat this initiative. These recipes were ranked on sustainability, nutrition, accessibility, cost, scalability and creativity. Some of the winning recipes, including Gluten-Free Vegan Soulful Black-Eyed Pea Stew with Cornbread have already been tried and tested by chefs at Darwin College.

### *Reducing food waste*

Let us know anything you have been doing that you have found effective in reducing food waste so we can share this on our webpage.

### *Top tips*

Contribute any ideas you have for how to implement the priority actions. For example:

- Introducing ways of helping people who eat meat understand alternative sources of protein.
- Serving ruminant meat as a starter rather than a main course.
- Reducing meat portion sizes and supplementing meals with plant-based food to move towards only consuming the amount of protein we need.

Please send this information to [thodes@jbs.cam.ac.uk](mailto:thodes@jbs.cam.ac.uk). We will then add them to the document on our webpage, which will be updated every two weeks.

For further information about the initiative and upcoming training sessions, please visit the CamEATS ZERO web page (<https://www.zero.cam.ac.uk/who-we-are/blog/news/comeats-zero-supporting-cambridge-colleges-reduce-climate-impact-catering>). Questions or suggestions can be directed to Sorin Thode ([thodes@jbs.cam.ac.uk](mailto:thodes@jbs.cam.ac.uk)) or Theresa Marteau ([tm388@cam.ac.uk](mailto:tm388@cam.ac.uk)).