

The importance of sustainable food procurement in healthcare a practical example

Christina Schmidt

Coordinator for sustainable food management with
uniform central monitoring of measures for Vienna
hospital association

Kitchen Management Director Hospital Hietzing with
Neurological Center Rosenhügel, Vienna

The Vienna Hospital Association ...

- one of Europe's largest healthcare organisations and
- Austria's largest training facility for professional healthcare

is responsible for

- **10 hospitals** (incl. the General Hospital - Medical University Campus)
- **11 geriatric centers and residential nursing homes with socio-medical care of the City of Vienna + the socio-therapeutic center in Ybbs**
- **10 education facilities**

employs

- approx. **30,000 people** (coming from 70 nations; **72.3 % female**)

provides service for about

- approx. **395.000 inpatients** per year
- approx. **3.2 mill. outpatients** per year



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Hospital Hietzing with Neurological Center Rosenhügel – Key data

Areal:	327.591 m ² (153.780 + 173.811 NZR)
Departments	20
Institutes	7
Maximum beds	1193
Inpatients	53.000 per year
Outpatients	91.500 per year
Employees total	3.350
Employees kitchen	83
Kitchen system	Fresh Kitchen, no tray, transport trolleys heated
Transport organisation	With truck
Hot meals	Lunch daily , dinner: Monday and Friday
Employees canteen	Approximately 500 visitors daily
Departments outside	✓ Kindergarten for employees children– in the hospitals areal ✓ Neurological Center Rosenhügel



Der Rolandbrunnen im großen Gartenhof.



Sustainable food

What is it about.....

- More plant-based dishes
 - Freshly prepared food
 - High-quality food
 - Seasonal
 - Regional
- Less meat dishes
 - Less frozen products
 - Less convenience products



Fotocredit: Christian Jobst



® KHR

Hospital Hietzing – facts about food consumption



Total consumption (monetary) of:	2013	2015	2016	2017
proportion of organic food	~ 42%	~ 41%	~ 41%	~ 41%
proportion of convenience food	~ 16%	~ 17%	~ 18%	~ 20%
proportion of plant-based	~ 21%	~ 20%	~ 21%	~ 20%
proportion of meat + sausage	~ 14%	~ 13%	~ 13%	~ 14%
proportion of poultry + fish	~ 5%	~ 5%	~ 6%	~ 6%

Certification organic food

All kitchens in hospitals of the Vienna Hospital Association have been certified by the Austria Bio Garantie, since 2008



Hospital Hietzing's kitchen is certified with the Austrian Ecolabel:

For fresh food preparation and the use of regional food we were certified with the Austrian Ecolabel



Criteria

The basic requirement for the award of the Ecolabel is the **legal compliance** with all relevant laws and regulations. Moreover, there is a catalogue of requirements which provides for a holistic assessment of the holding in the following fields:

- ✓ General management/Environmental management
- ✓ Energy, water, waste, air, noise, office
- ✓ Cleaning, chemistry, hygiene
- ✓ Building and housing, furnishing
- ✓ Food/kitchen

Hietzing Hospital – Our Nutrition Projects since 2002

✓ **Project Reduction of Food Waste – ongoing evaluation since 2002**

✓ **Project Biofair II (2005)**

➔ **Analysis of large-scale kitchens of the City of Vienna towards increasing the organic food share**

<http://www.rma.at/sites/new.rma.at/files/BIOFAIR%20II%20Endbericht.pdf>

✓ **Project Möve I + II (2007)**

➔ **Options for reducing the amount of purchased food without decreasing supply quality in large-scale kitchens**

<http://www.rma.at/node/911>

✓ **Project Vera I + II (2008)**

➔ **Evaluation of diet efficiency and its effect on the food waste generation in the Hietzing Hospital**

<http://www.rma.at/node/713>

✓ **„natürlich gut! Teller“ (a programme of the City of Vienna for sustainable nutrition)**

The City of Vienna aims at achieving binding targets for reducing the greenhouse gas emissions.

To this end, the Climate Protection Programme of the City of Vienna, KliP Wien, has been developed. A further measure of proven efficiency to this effect is the reduction of meat consumption

<https://www.umweltberatung.at/biokueche-natuerlich-gut-teller>



✓ **Project Umbesa (2012-2014)**

Sustainable Menu – Implementaion of sustainability in large-scale kitchens with regard to regional, seasonal and organic food and freshly prepared meals

„Naturally good plate“

www.umweltberatung.at/natuerlichgutTeller

Der natürlich gut Teller

Umweltfreundliche Küche für Ihren Genuss!

Sie erkennen ihn an der
Kennzeichnung am Speiseplan.

Weitere Informationen finden Sie auf
www.umweltberatung.at/natuerlichgutTeller



IST natürlich!

Diese vier Kriterien erfüllt ein *natürlich gut Teller* immer:

natürlich biologisch

Mindestens ein Teil des Gerichtes ist aus biologischer Landwirtschaft.
Biolandwirte verzichten auf chemische Pestizide und Düngemittel.

natürlich saisonal

Obst und Gemüse wird nur dann verwendet, wenn es bei uns Saison hat.
Das spart CO₂ für lange Transporte und die Beheizung von Glashäusern.

natürlich weniger Fleisch

Und wenn Fleisch auf den Teller kommt, dann aus biologischer Landwirtschaft,
denn tiergerechte Haltung ist hier Pflicht.

natürlich nachhaltiger Fisch

Wenn Fisch auf den Teller kommt, dann nur aus Österreich,
Bio oder aus nachhaltiger Fischerei.

PLUS zwei!

Mindestens zwei dieser Kriterien erfüllt ein *natürlich gut Teller*
zusätzlich:

natürlich **pflanzlich**

natürlich **regional**

natürlich **fair**

natürlich **selbst gekocht**

natürlich **weniger Verpackung**

natürlich **innovativ**



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Project „UMBESA“ – what is it about?

Project UMBESA

Sustainable Menu Design in Large-scale kitchens



Fresh Instead of Tinned!

Up to 50% cost reduction compared to convenience products.



Veggie for the Climate!

Up to 65% CO₂ emission reduction compared to meat dishes.



Where Does it Come from?

Up to 70% of the analysed ingredients originate from the region.



Organic is Quality!

Up to a 50% share of organic products in participating kitchens.

2011

umbesa.rma.at

Project Partner:



Co-Financing:



Participants:

Austria: Hietzing Hospital, EB Restaurant Enterprises, Austrian Ministry of National Defence and Sports—Central Large-Scale Kitchens in Vienna and Wiener Neustadt, Large-Scale Kitchen of the Provincial Government of Upper Austria, Austrian Federal College of Business Administration—HBLW Landwiedstraße
Czech Republic: Jihlava Professional School for Trade and Service kitchen, Jihlava Primary School kitchen, Viden Kindergarten kitchen, Jihlava-Lesnov Nursing Home kitchen, Světlá nad Sázavou Provoz Service kitchen, kitchens of the schools in Strakonice, Veselí n.L., České Budějovice, Brno, Cvikovice



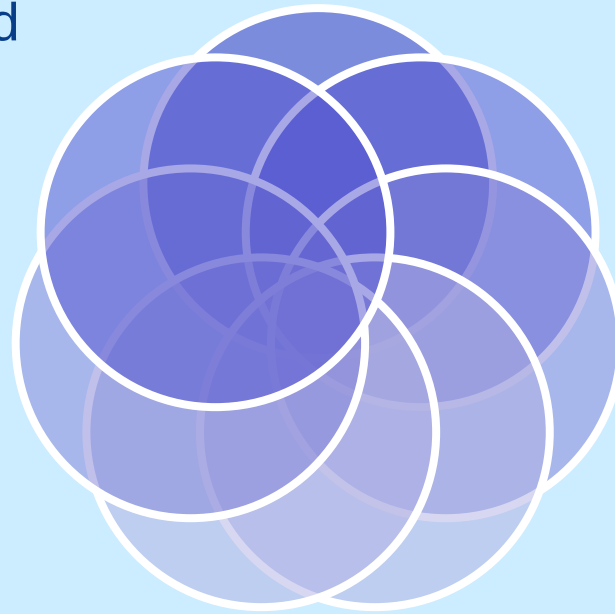
Important criteria in the sustainability process

ORGANIC

PLANT components in food
production

From the
REGION

Less consumption
MEAT



SEASONAL especially
fruits, vegetables, salads

FISH local or certified

Reduction of 100%
CONVENIENCE
products

For the implementation

- Goals should be set for short and medium terms
- Checklists -> what should be implemented
- Menu Screening helps
- Criteria that correspond to sustainable food production should be designed for your own organisation



Breaking old habits

- Intensively focus the topic in between, but step back in between two steps and see what has already been done
- If necessary discuss the subject controversially with the employees

STRATEGY:

High-quality food supply in terms of nutritional care and security for those to be cared for

Krankenhaus HIETZING mit NZR



Wochenspeiseplan vom 05.02.2018 - 11.02.2018

Mittag			
	Vollkost	Normalkost	Vegetarische Kost
Montag 05.02.	Kürbiscrèmesuppe na. Palerlaibchen 2 Stk. Fastnaken-Tomatengemüse Diab. Pfirsichkompott	Kartoffelsuppe mit Gemüse Vanille-Rindstraten na. Penne Broccol natur Erdbeerkuchen	Kürbiscrèmesuppe na. Bräseknuden Diab. Apfelmus
Dienstag 06.02.	Eislingsuppe Fühner-Rahmschnitzel na. Fleis Mischgemüse nat. Banane 1 Stk.	Serb. Bohrensuppe Topfenauflauf LFK Diab. Fruchtcocktail	Eislingsuppe Reisbällchen pikant Lachsaustrich Chinakohl салат Banane 1 Stk.
Mittwoch 07.02.	Gemüscrèmesuppe Fisch in Dillsauce Salzkartoffeln BIO Endiviensalat Diab. Marillen-Joghurtcreme	Bac-verbensuppe VK Spaghetti Sauce Bolognese Endiviensalat Nussstrudel	Backerbensuppe Sojagemüsedallbchen Tomatensauce Endiviensalat Nussstrudel
Donnerstag 08.02.	Rübsuppe Rindragout * Hiebzinger Art Grießknödel Folter Rübensalat Diab. Schokopudding	Lauchcrèmesuppe Sechfleisch Kartoffelpüree Roter Rübensalat Linsentorte	Rübsuppe Kartoffelschnitten Schnitz EI BIO hartgekocht Linsentorte
Freitag 09.02.	Kohlcrèmesuppe mit Erbsen Apfelstrudel gezoogen zfr. vanillesauce	Leg. Grießsuppe Geb. Schweinschnitzel Kartoffelsalat Mardanne 1 Stk.	Kohlcrèmesuppe mit Erbsen Krautfleckerl Endiviensalat, Joghurtress. Mandarine 1 Stk.
Samstag 10.02.	Klare Seelensuppe Eintopf Gemüsrageout nat. Vollkornspätzle Diab. Fruchtjoghurt	Klare Seelensuppe Znamer Rindgeschneitzel Rindfleisch Kartoffelsalat Fruchtjoghurt	Klare Seelensuppe Tortellini m. Käse Basilikumsauce Kartoffelsalat Fruchtjoghurt
Sonntag 11.02.	Kartoffelcrèmesuppe Schweisknäckchen "Rembrandt" Feterskartoffeln Chinakohl салат Diab. Marmorkuchen	Kartoffelcrèmesuppe Fasch. Kalbsbutter Schnitzel Kartoffelpüree Chinakohl салат Diab. Marmorkuchen	Kartoffelcrèmesuppe Schnitzknödel Knoblauchsauce Chinakohl салат Diab. Marmorkuchen

Änderungen vorbehalten

Guten Appetit!

Das BIO-Teilsortiment des KAV wird durch die Austria Bio Garantie GmbH zertifiziert.

Geschultes Personal informiert Sie bei Bedarf über allergene Zutaten in unseren Speisen.
Bitte wenden Sie sich an das Pflegepersonal, das den Kontakt herstellt.



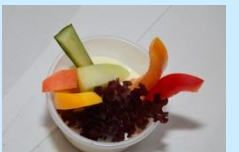
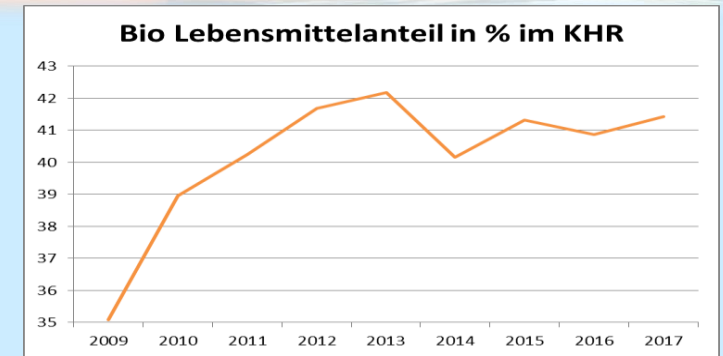
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Projects: „naturally good plate“ & „Umbesa“

Running since September 2010

Important steps

- Reordering the menus in summer and winter
 - We change in May and October
 - Seasonal: for example no tomatoes and cucumbers from November to June
 - Winter salads: Red beet, potatoes, cabbage, Endive,
 - less meat: daily 3 menus for choice (for inpatients without nutrition restriction) ➔ daily only one with meat
 - frozen fish is MSC certified, WWF & Greenpeace fish counsellor is respected (Criteria ÖkoKauf)



Vienna hospital association: product groups to be issued by public tender



Product groups

Organic Bread and Buns

Organic Milk and Dairy products

Organic Eggs fresh and Egg products pasteurized

Organic Semolina Pasta

Organic Jam

Organic Flour, Semolina and Rice

Organic Tomatoes Products in cans

Stewed Fruits in cans

Salt and Sugar

Frozen Vegetables (partly organic)

Frozen fruits

Frozen fish (MSC certified)

Stock and dry goods

Cheese

Convenience Salads

Poultry and its products





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Fotocredit: Alfred Brezansky

Fotocredit: KAV / Arnost – KAV-KHR

Target for coordination activities

adapted to measures of the Milan Urban Food Policy Pact

Governance:

- Maintaining high quality food
- Nutrition strategies/Sustainable use of food
- Sociological aspects: national and local health goals

Food Waste:

- Avoidable food losses that occur along the food value chain

Food supply and distribution

- regional food trails
- Definition of uniform parameters for food in order to realize qualitative and economic optimizations
- Aiming for more efficient, economical and ecological use of material resources while maintaining the existing high quality standard!

Sustainable Nutrition:

- Looking beyond - future perspectives
- Demographic change
- Our health system has been struggling with the Diseases of our time: Obesity, Malnutrition, Diabetes type II, frailty



Criteria around saving Resources

FRAME CONDITIONS

Nutrition strategies/sustainable food management =
regional, seasonal, organic, etc.

SUSTAINABLE NUTRITION

Looking beyond - future perspectives
Challenges in health care delivery

FOOD SUPPLY & DISTRIBUTION

Local produced: Safe & healthy and
pet-friendly

ENERGY

Sensitive Management with resources
Energy, water, gas, electricity
Reduce delivery stops to protect
emissions

FOOD WASTE

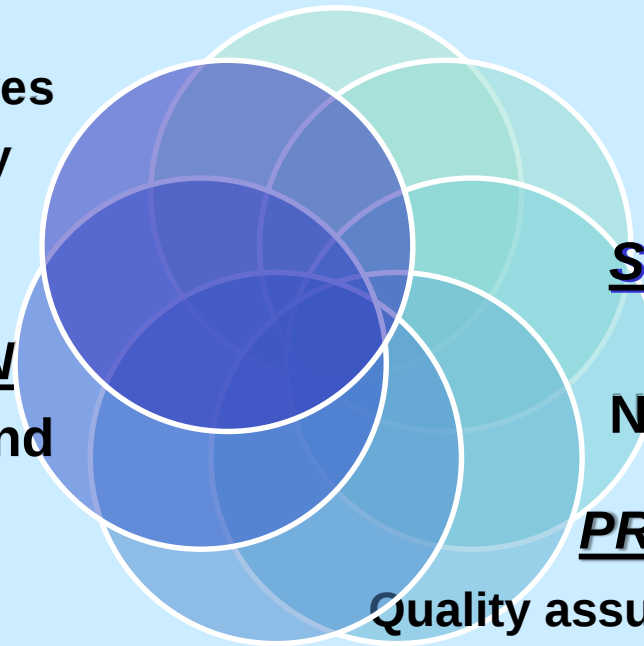
Reduce Food waste

SOCIAL AND ECONOMIC JUSTICE

Sociological aspects:
Nationally and local Health goals

PREVENTION MANAGEMENT

Quality assurance => means protection for Patients,
Hygiene, Employees
Fire, Data, Environment -
Information security,
Staff and Property protection



Future prospects



- „Naturally good plate“ & project „Umbesa“ (the best of both) is going to combine
- Expansion to the following goals:
 - ✓ UN-Agenda 2030, especially Goal Nr. 12
 - ✓ Austrian National health goals
 - ✓ Milan urban food policy pact

„Make the healthy choice, the easy choice“

© WHO



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Contact:

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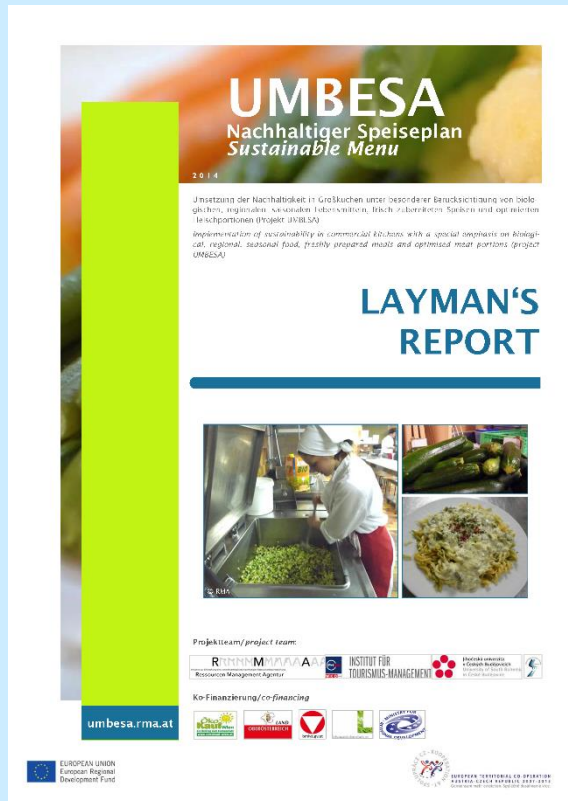
Attachment and Links to several projects

Christina Schmidt

Coordinator for sustainable food management with
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Kitchen Management Director Hospital Hietzing with
Neurological Center Rosenhügel, Vienna

Project UMBESA - Layman's Report



Implementation of sustainability in commercial kitchens with a special emphasis on biological, regional, seasonal food, freshly prepared meals and optimized meat portions



[http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Layman%C2%B4s%20report%20\(Vers%201.0\)_2.pdf](http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Layman%C2%B4s%20report%20(Vers%201.0)_2.pdf)

Project UMBESA – 1st Infofolder



The project UMBESA is supported within the Initiative for European Territorial Cooperation (ETC) by the European Regional Development Fund (ERDF). ETC provides a framework for implementing joint actions among national, regional and local actors from the European Union. The project contributes to an increased share of regional, organic and seasonal food in large-scale kitchens and supports the exchange of information among kitchens, suppliers/producers, stakeholders and organisations of organic agriculture in Austria and the Czech Republic. Another goal is to initiate the building of networks among the different stakeholders.

Project UMBESA

Sustainable Menu - Implementation of Sustainability in Large-scale Kitchens by Using Regional, Seasonal and Organic Ingredients and Fresh Cooking

Relevance of the sustainable menu for large-scale kitchens

1.5 million persons in Austria and the Czech Republic are daily customers of large-scale kitchens. By implementing a sustainable menu design, i.e. by using local, seasonal and organic food and by preparing the meals freshly, the CO₂ emissions of canteen kitchens can be reduced. Studies have shown that an increase of up to 37% organic share is achievable without additional expenditures. Along with environmental and nutritional aspects, the economic value plays also an important role. Large scale kitchens tend to employ convenience products or reduce staff members in order to achieve financial efficiency, but this approach is not necessarily bound to produce real savings compared to fresh cuisine.

Fresh Cuisine

A growing tendency towards using convenience-products can be observed in large-scale kitchens—mostly for economic reasons, e.g. less personnel costs. Convenience products are, however, generally more expensive than fresh food. An analysis of operating, personnel and purchase costs shows that, with a share of 60%, the purchasing costs (i.e. for food ingredients) have the strongest impact on the total costs. Personnel and operating costs are secondary for the price formation.

Target Group

The target group are primarily large-scale kitchens in Austria and the Czech Republic, as well as:

- Producers
- Retailers/suppliers
- Operators of large-scale kitchens
- Executive chefs
- Purchase managers
- Clients of large-scale kitchens
- Dietitians/nutritionists

Illustration: work in a large-scale kitchen

EUROPEAN UNION
European Regional Development Fund

ETC - COOP
EUROPEAN TERRITORIAL CO-OPERATION
AUSTRIA - CZECH REPUBLIC 2007-2013
Development of the Operational Program

The effect of the UMBESA project is the transformation of the menu in large-scale kitchens towards increased sustainability. This is achieved by the correct choice of ingredients, by optimizing dishes and by creating new recipes.



[http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%201.%20Info-Folder%20-%20english%20\(Vers.%201.6\).pdf](http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%201.%20Info-Folder%20-%20english%20(Vers.%201.6).pdf)

Project UMBESA – Results @ KHR flyer



We Cook Sustainably!

- extensive awareness raising
- predominantly vegetarian WOK buffet
- reduction of the share of meat and sausages by 1000 kg/year
- Increase of the local food share



[http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20KHR%20Flyer%20\(Vers.%200.4\).pdf](http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20KHR%20Flyer%20(Vers.%200.4).pdf)

Project UMBESA – Results per kitchen roll-up



- a 29% share of seasonal food
- 74% of the food is categorized as „fresh“
- only 28% of the served dishes contain meat
- a 50% share of organic food
- 71% of the analyzed ingredients originate from the region



[http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20per%20Kitchen%20Roll-up%20\(Vers.%200.5b\).pdf](http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20per%20Kitchen%20Roll-up%20(Vers.%200.5b).pdf)

Project UMBESA – Results roll-up

The way to sustainability

- Fresh Instead of Tinned!
- Veggie for the Climate!
- Where Does it Come from?
- Organic is Quality!





Project UMBESA

Sustainable Menu Design in Large-scale kitchens






Fresh Instead of Tinned!

Up to 50% cost reduction compared to convenience products.

Veggie for the Climate!

Up to 65% CO₂ emission reduction compared to meat dishes.

Where Does it Come from?

Up to 70% of the analysed ingredients originate from the region.

Organic is Quality!

Up to a 50% share of organic products in participating kitchens.

umbesa.rma.at
2017-1

Project Partner:









Co-Financing:









Participants:

Austria: Hietzing Hospital, GB Krankenhaus Eisenstadt, Austrian Ministry of National Defence and Sports – Central Large-Scale Kitchens in Vienna and Wiener Neustadt, Large-Scale Kitchens of the Provincial Government of Upper Austria, Austrian Federal College of Business Administration – FHWS Landshutstraße

Croatia: Rijeka Professional School for Trade and Service Kitchens, Jilska Primary School Kitchens, Vidov Kindergarten Kitchens, Jilska Nursing Home Kitchens, Srednja Škola Zadar, Proton Service Kitchens, Kitchens of the schools in Sisak-municipal, Virovitica n.s., Croatia Development, Sava, Croatia

and many more...



EUROPEAN TERRITORIAL CO-OPERATION
AUSTRIA-CZECH REPUBLIC 2007-2013

Gemeinschaft der Regionen und Städte des Donauraums

[http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20Roll-up_A4%20\(Vers.%200.9\).pdf](http://umbesa.rma.at/sites/new.rma.at/files/Projekt%20UMBESA%20-%20Results%20Roll-up_A4%20(Vers.%200.9).pdf)

Project UMBESA – Results poster

Sustainable Cooking Makes the Difference

- cost reduction
- CO₂ emission reduction
- freshness
- organic – regional – seasonal



Project UMBESA

Sustainable Menu Design

Authors: Resource Management Agency (RMA) - Hans Daxheiser, Lisa Brauhaus, Doris Ehrlinger
 Project UMBESA, umbesarmat.at; Contact: (+43 1) 913 22 526; office@rma.at; www.rma.at

FRESHER

REAL MEAT

from the REGION

in SEASON

naturally ORGANIC

Motivation

Driven by economic necessities, large-scale kitchens employ conventional and imported ingredients. In addition, convenience products are often used. The use of fresh, organic and regional ingredients increases the food quality, and also, this way, the large-scale kitchens commit themselves to society and environment.

Goal

The goal of this project is to support the large-scale kitchens in implementing a sustainable menu.

Economic evaluation "vegetable-curd-patty"

Category	Expenses
vegetable-curd-patty from RSTW	0.85
vegetable-curd-patty from HSTW	0.36

Sustainable Cooking Makes the Difference

Vegetable schrimpfed as a convenience product vs. vegetable curd patty freshly cooked:

• Costs: 51 % to the benefit of the latter

• Organic share: +87% (same)

• Freshness share: +94% (same)

• Origin of products: 85 % Austria (same)

Recipe idea:

Large-scale Kitchen of the (Provincial Government of) Upper Austria

Method

40 dishes and products are cooked and optimised according to the criteria: organic, regional, seasonal, freshly cooked and/or less meat.

In addition, stakeholder networks are established. In order to ensure the sustainability of the project achievements. A tool for education and training of kitchen personnel is also developed.

Conclusions

- A cost reduction of up to 78 % compared to the initial dish are possible. Employing fresh ingredients and reducing the meat share are crucial measures for this result.
- A CO₂ emission reduction of up to 88 % is possible through changing the meat type and reducing the meat portion size.
- Freshness: An increase of the share of fresh ingredients in a meal is possible up to 98 % without additional costs.
- ORGANIC - REGIONAL - SEASONAL: A share of 98 % of organic ingredients and a share of regional products of 100 % are possible with a simultaneous cost reduction of 39 %.

Financed by City of Vienna M422 (Kitchen), Provincial Government of Upper Austria, Austrian Ministry of National Defence and Sports, Austrian Ministry of Agriculture, Forestry, Fisheries and Water Management, Ministry of Regional Development, University of Leoben, Salzburg, Technische Universität Wien, the Chair of the Chamber of Commerce Vienna, Linz, Lower Austria

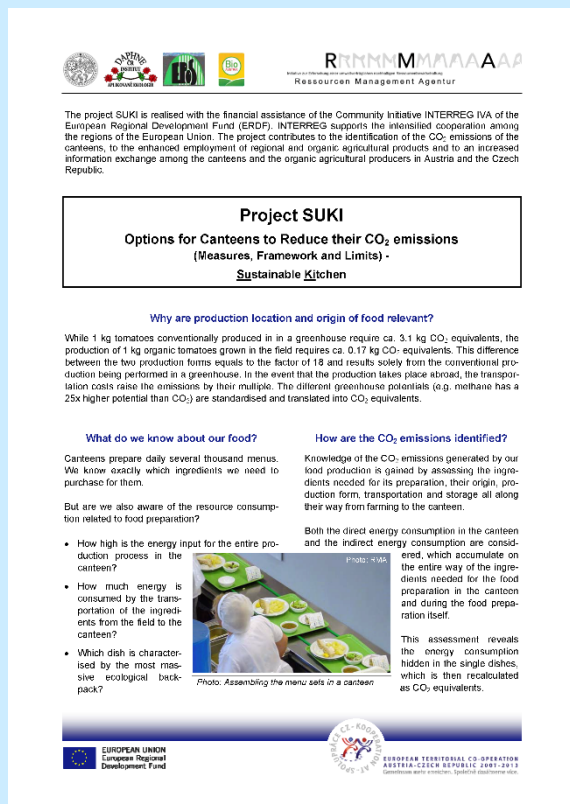
EUROPEAN STRUCTURAL CO-OPERATION
 EUROPEAN REGIONAL DEVELOPMENT
 LEADER INITIATIVE

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EUROPEAN UNION
 LEADER INITIATIVE
 DEVELOPMENT FUND

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Project SUKI – 1st Infofolder



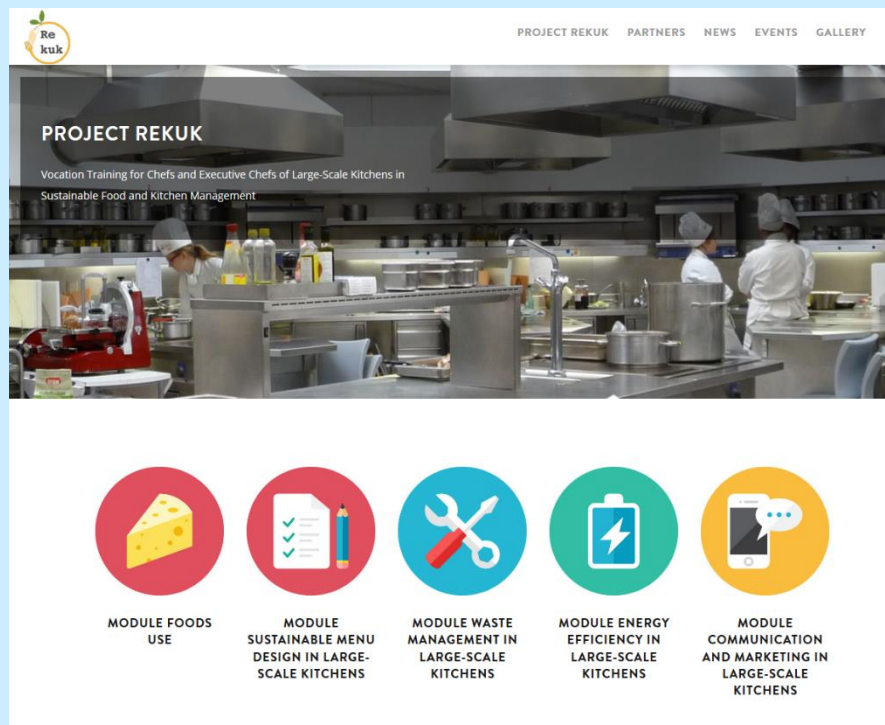
Options for Canteens to Reduce their CO₂ emissions (Measures, Framework and Limits) Aims:

- identifying the total CO₂ emissions of canteens
- analyzing the direct and indirect steering options towards CO₂ reduction



[http://www.rma.at/sites/new.rma.at/files/Projekt%20SUKI%20-%201.%20Info-Folder%20-%20EN%20\(Vers.%201.0a\).pdf](http://www.rma.at/sites/new.rma.at/files/Projekt%20SUKI%20-%201.%20Info-Folder%20-%20EN%20(Vers.%201.0a).pdf)

Project ReKuk – Project web page



Vocation Training
for Chefs and Executive Chefs
of Large-Scale Kitchens
in Sustainable Food and
Kitchen Management



<http://rekuk.rma.at/>

Project ReKuk – Infofolder

Co-funded by the
European Union

REKUK
Resource Management Agency

Co-funded by the
European Union

Co-funded by the
European Union

In the project ReKuk, a training is developed for chefs (collaq, cook) and executive chefs (collaq, kitchen manager) of large-scale kitchens in Waste Prevention, Energy Efficiency, Foods Use, Menu Design, and Marketing and Information. First, training materials (script, slide set, hand-book, training folder) are drafted. Then the training is tested in 5 workshops in each country. With the feedback, the training material and workshop design is finalised.
The partners are the Resource Management Agentur (AT), the Jihotvská Univerzita (CZ), Thüringer Oekohetz (DE) and Associazione Italiana per l'Agricoltura Biologica (IT).

Photo: Resource Management Agency

Photo: Resource Management Agency

Photo: Resource Management Agency

PROJECT REKUK
Vocational Training for Chefs and Executive Chefs
of Large-Scale Kitchens
in Sustainable Food and Kitchen Management

Demand

Chefs and executive chefs in public large-scale kitchens work under steadily increasing cost pressure. The share of convenience products is thus alarmingly increasing, as it is often believed that they are means towards cost-efficiency. The training developed within this project responds to the need for providing good food quality at lower costs and higher resource efficiency. While Menu & Food Science, Product Science, Nutrition Science, Kitchen Management, Hygiene of Foodstuffs are fixed components of the training of chefs and executive chefs, the ecological and qualitative aspects are paid only minor attention. The use of organic, regional and seasonal fresh products, a sound purchasing policy and carefully menu planning, waste reduction and energy efficiency substantially reduce both the running costs and the employed natural resources by improved food quality.

Target Group

The target group is accomplished chefs and executive chefs and decision makers for large-scale kitchens, as they dispose of basic professional knowledge and as they are in the best position to initiate changes.

Goal

The project aims at shaping a vocational training for chefs and executive chefs of large-scale kitchens, which is either hardly attainable for them in the daily routine, or not available at all in the project countries. The goal is thus to improve and extend their basic training by 5 further modules (Waste Prevention, Energy Efficiency, Foods Use, Menu Design, and Marketing and Information) and so to enable professional decisions towards resource efficiency in the large-scale kitchens. This way, the principle of 'lifelong learning' represents a key element of the project. A further positive effect is the better positioning of the addressed target group in their current or prospective employment.

Vocation Training for Chefs and Executive Chefs in Sustainable Food and Kitchen Management

Trainings and training materials in:

- foods use
- sustainable menu design
- waste management
- energy efficiency
- communication



<http://rekuk.rma.at/sites/default/files/2017-05/Project%20ReKuK%20-%201.%20Info-Folder%20-%20english%20%28Vers.%200.4%29.pdf>