## The Better Tomorrow Plan

14 commitments we are making to reach our sustainability objectives

## CANIHELP?



- Turn off kitchen exhaust and make-up air fans during downtimes
- Ensure walk-ins have strip curtains
- Regular cleaning of fridge/freezer condensers and evaporator coils
- Enable the energy management features of all computers and monitors
- Turn on kitchen equipment at staggered times according to needs instead of turning on all equipment first thing in the morning
- Only wash full loads in the dishwasher
- Turn off dishwasher booster at nights Use energy efficient light bulbs
- Turn off door heaters when not needed
- Turn off small appliances when not being used (heat lamps, coffee warmers, holding cabinets, steam tables, conveyor toasters etc)
- Adjust temperature controls to match occupancy patterns.
- Turn off lights and computer monitors when you leave your office
- Turn out lights that are not controlled by timers or sensors
- Remove unnecessary lights and disconnect their ballasts
- During building shutdowns over long weekends or holiday periods, unplug all items possible (fridge, microwave, desk lamps, computers, shredders, photocopiers etc). Energy is still used when items are plugged in yet turned off.
- Car pooling
- Reduce delivery frequency wherever possible



 Purchase only sustainable seafood options (MSC or ACC certified)



- Switch to eco-friendly products when considering cleaning agents, fertilizers, de-icing agents and pest control
- Biodegradable coffee cups and take-out containers
- Use garbage bags with at least 60% recycled content
- Use office paper products with recycled content Change take-out bags from plastic to recycled paper



- Participation in annual Servathon activities
- Run food drive outside of Servathon timelines



- Switch to any approved local vendors
- Align menu items with seasonal availability
- Use of an herb garden, not matter how small. Request approved produce companies to purchase
- from local vendors Purchase local when there is no approved Sodexo
- vendor for a product Ask local distributers to purchase from Sodexo
- approved vendors Request local non-perishable product vendors be approved
- Use regional wine/beer/liquor for catering or conference menu



- Installation of Low-Flow Pre-spray in dish room.
- Switch to micro fiber mops.
- Only wash full loads in the dishwasher
- Thaw meats in refrigerator instead of under running water
- Water grass deeply and less frequently



- Have nutritional values available
- Utilize government sponsored healthy eating programs (ie: Eat Smart! in Ontario)
- Promote Sodexo Healthy eating programs (ie: Your Health Your Way)



- Use trans-fat free fryer oil
- Use water for grill cooking instead of oil when possible
- Provide low-sodium and vegetarian soup options
- Provide Low fat and lean meat options
- Introduce healthier, low sugar desserts



- Use recycle bins for Organic waste and fryer oil
- Composting or mulching
- Eliminate food display plates Encourage batch cooking and portion control
- Trayless dining halls



- Whole grain breads and whole wheat pizza dough
- Stock vending machines with healthier alternatives
- Include a piece of fruit in a combo instead of chips. • Increase the availability of fresh fruits and vegetables



- Use Rain Forest Alliance or Fair Trade coffee
- Use of other fairly and responsibly certified products



- Establish basic blue bin recycling
- Mug Program discount beverage prices for people
- using reusable mugs
- Eliminate take-out bags
- Use reusable dishware's and cutlery wherever possible Switch from non-organic material take-out cutlery
- Send and save information electronically whenever possible
- Use XpressNap napkin system and other dispensing
- systems that reduce waste Set office printer to "double-sided" printing default



Use contracted Sodexo suppliers



- Have Chefs and staff participate in community
- Volunteer at community food banks throughout the year
- Raise money to donate toys and clothing at Christmas Hire locally
- Purchase local when possible

