

MOBILITEACH

SECTORAL HOSPITALITY AND STEAM CROSS DISCIPLINARY DIDACTICS

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Sustainable Food in Tourism

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ORGANISATION: "KOLIN GJOKA"



A **sustainable food system** is a type of food system that provides healthy food to people and creates sustainable environmental, economic and social systems that surround food.



WHAT IS OUR IMPACT?

A photograph showing a large pile of cut logs and wood debris in a deforested area. The foreground is filled with a chaotic pile of logs, some cut into sections, and a large amount of wood chips and bark. In the background, a dense forest of tall, thin trees stands against a clear sky. The word "Deforestation" is overlaid in white text on the pile of logs.

Deforestation



Pesticides

Food Waste



YES, WE HAVE QUITE AN IMPACT!

- Massive amount of food thrown away
- Hotel staff and guests don't really know about sustainable food
- Nearly no customer demand for organic food (in tourism)
- Impression: organic products are expensive
- Fair trade and organic certification is not really important for hoteliers

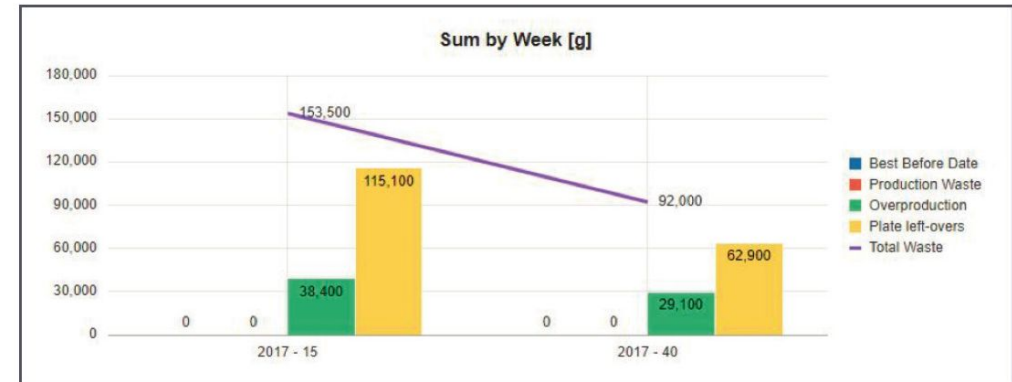


WHAT CAN WE DO?

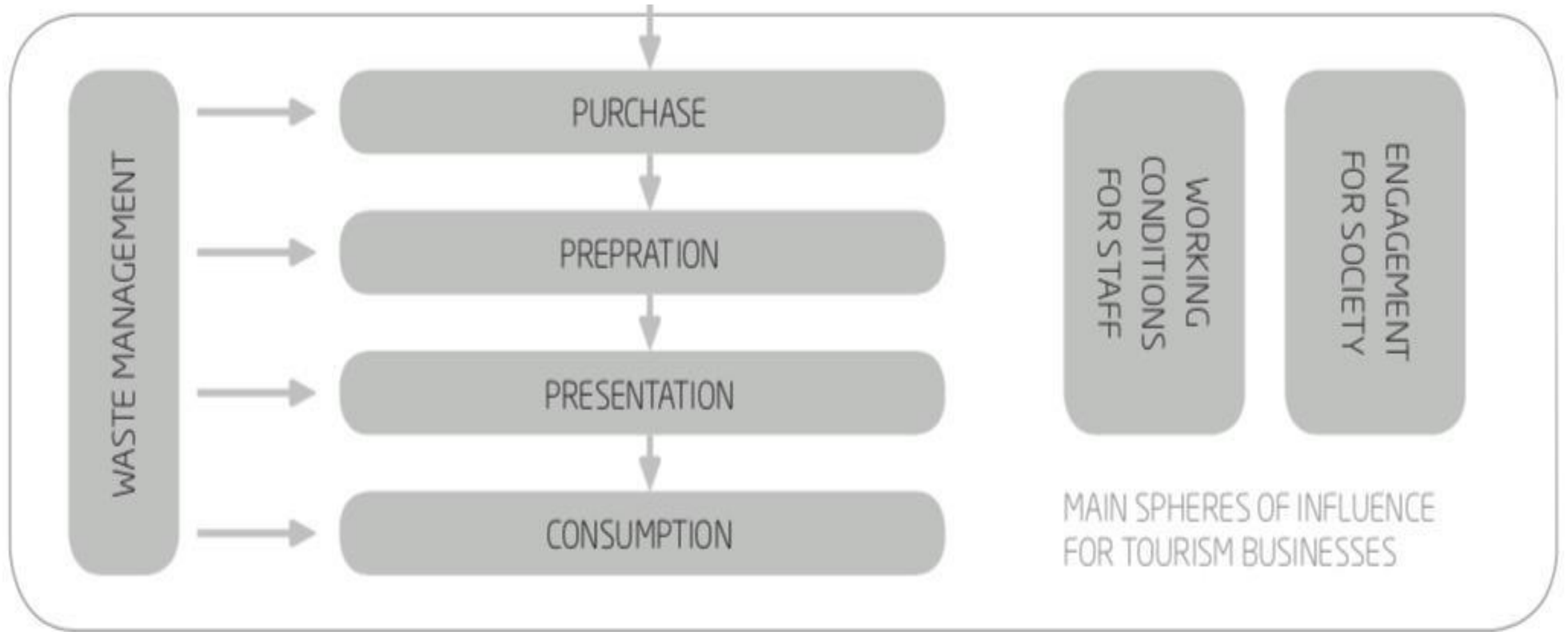
1. Guest Communication of a sustainable food and beverage offer during holiday



2. Reducing Food Waste in Hotels



DIFFERENT STAGES OF SUSTAINABLE FOOD



LOCAL FOOD

Measure 1: Search for existing local food cooperatives and apply for membership.

Measure 2: Take a study trip to best-practice hotels and benefit from their experience.

Measure 3: Organize local food festivals or food fairs and invite local food producers to participate and present their foods.

Measure 4: Set up local food cooperatives where suppliers unite and share their resources (harvest, labour, machinery and funds). Joint marketing and distribution are additional benefits of cooperatives.

Measure 5: Find out about local producers and their products. Guests are generally willing to pay more for authentic, typical local products. It is, therefore, useful to acquire information about local producers and their foods. Getting in touch with local producers is, therefore, the first step.

Measure 6: Substitute imported goods with local alternatives.

Measure 7: Harvest from your own hotel farm and market it to your guests.

GOOD TO KNOW



THE CLIMATE IMPACT OF DIFFERENT MEANS OF TRANSPORTATION¹

Means of transportation	CO ² emissions per transported ton of food and kilometer
open sea vessel	9
inland water vessel	34
train	40
truck	135
plane	2.041

SEASONAL FOOD

Measure 1: Use a seasonal calendar specific to your region. The use of calendars of seasonal produce can help you find out when products are in season and to develop seasonal meal plans.

Measure 2: Develop a seasonal menu. Developing different meal plans according to season not only increases variety but also helps to communicate your seasonal menus to guests.

Measure 3: Replace frozen food with fresh, seasonal alternatives. Food that is frozen and offered out of season incurs high energy costs for freezing and unfreezing. Serving seasonal food is, therefore, less wasteful of energy.

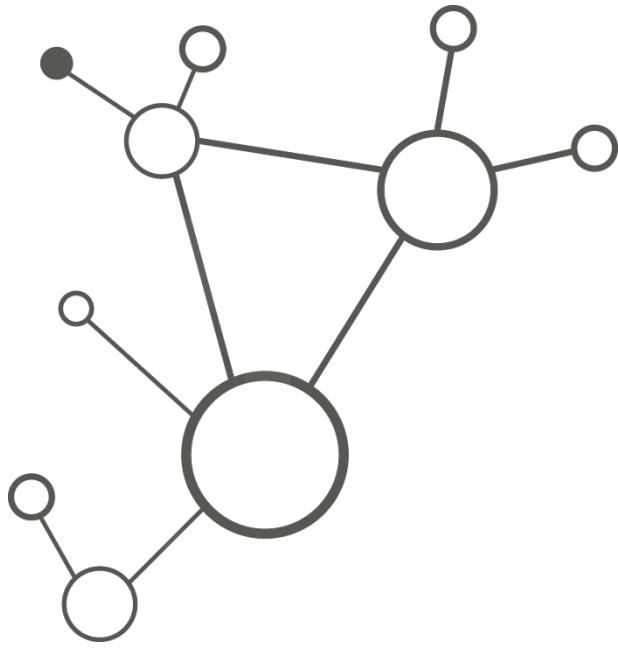
Measure 4: Organize a seasonal campaign week and/or seasonal festivals. To increase the awareness of guests about seasonal produce, you can organize campaign weeks throughout the year. The campaign should also aim to communicate the cultural meanings of seasonal food.

GOOD TO KNOW



While full colour may develop after harvesting, nutritional quality may not. For example, the total vitamin C content of red peppers, tomatoes, apricots, peaches and papayas has been shown to be higher when these crops are picked ripe from the plant.





Designing a sustainable menu, food presentation & communication





FOOD PREPARATION AND DESIGNING A SUSTAINABLE MENU

Measure 1:

Put an emphasis on the composition of your menus.

Measure 2:

Think about the ingredients you use

Measure 3:

Think about efficient resource use when you prepare your food

WHY FRESH FOOD IS BETTER

Benefits for the environment

Fresh, local foods help to reduce food miles.

Better Ingredients

You can use ingredients of high quality.

For your health

Convenience foods contain a lot of fat, salt and sugar.

More cost efficient

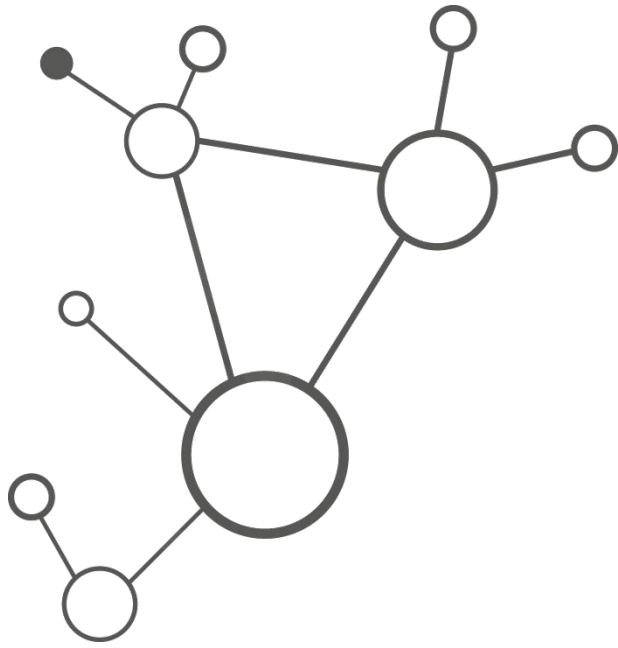
Different studies show that freshly prepared meals are more cost efficient.

Greater sensory appeal

The taste of freshly prepared meals is different and unique.

More variety

If you cook with fresh ingredients, it is easier to prepare a wider variety of dishes.



Waste Management



WASTE MANAGEMENT

About 20% to 60% of all food purchased by the hotel and restaurant industry is wasted.

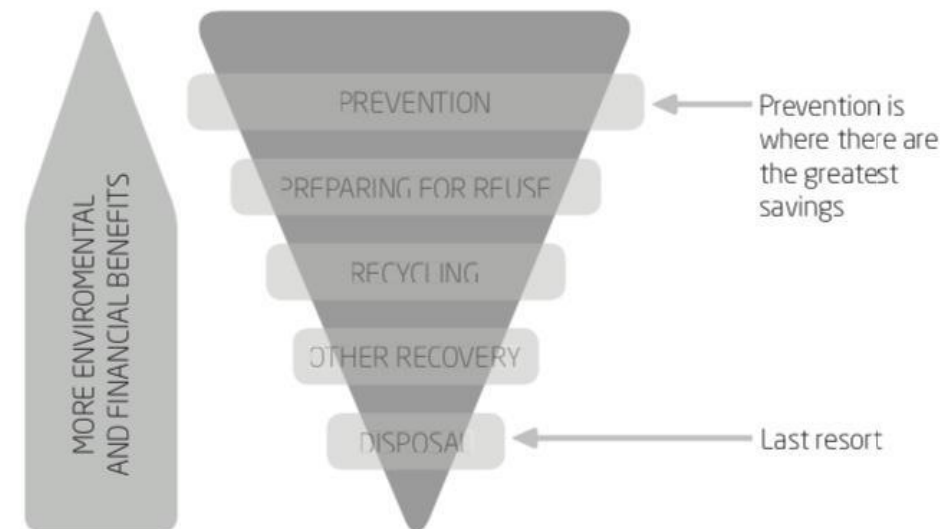
This is not only poor cost management but also highly questionable from an ethical and social point of view considering there are almost a billion malnourished people in the world.

Moreover, food waste may also harm the environment as food decomposition in landfills gives off methane gas which

Food waste typically arises from spoilage during storage, during meal preparation and buffets, as well as customer plate waste.

THE FOOD WASTE HIERARCHY¹¹

The food waste hierarchy shows cost-saving opportunities for businesses. The preferred solution is to prevent food waste from occurring in the first place. Two food-waste categories have to be considered: food which can still be eaten, reused, redistributed to people or used as animal feed if in compliance with legislation; and, non-edible food waste for further treatment in order to generate compost, energy or heat. Using landfill for food waste is the least attractive option.



FOOD WASTE

Measure 1: Monitor and measure food waste.

Measure 2: Smart menu planning is the key to waste prevention

Measure 3: Preventing spoilage

Measure 4: Preventing waste on the buffet and on customers plate

- BUFFET
- À LA CARTE MENU

Measure 5: Reduce packaging waste



SUSTAINABLE FOOD STRATEGIES





STUDENT EXPERIENCE

OPPORTUNITY TO LEARN THROUGH WORK

Supporting and monitorate

103 partner businesses

- 78 active
- 25 potential
- 328 students in professional practice



MODEL WE FOLLOW AND COOPERATE WITH:

Mrizi i Zanave “Think Globally – Eat Locally”





SCHOOL PROJECT "I COOK MY GRANDMOTHER'S RECIPE"

Specific project objective:

“Promotion of gastronomy and culinary values of different areas and their demonstration through the realization of traditional recipes in the kitchen, applying **sustainable food methods**.”

Description of activities.

- Active participants,
- Certificate distribution
- Assessment for students
- Interaction with the community.
- Live demonstration of cooking in the final activity.



NUMBER OF STUDENTS INVOLVED

- › 35 students (10 finalists / 4 prizes)
- › • First place: AZEM GASHI
- › • Second place: DESAIDA PJETRI
- › • Third place: DAJANA NDOCA
- › • The internet award was also won by DESAIDA PJETRI with a considerable margin of votes.



› **Skills acquired by students**

- › • Interaction with family members to recognize and transmit their culinary values.
- › • Promoting the values of the community and the area from which they come.
- › • Increased self-confidence.
- › • Training and skills.
- › • Desire to be more active.
- › • Awareness and evaluation of the direction they have chosen.
- › • Work that results in productivity for themselves and their community.
- ›
- › **Classes included** (11th, 12th and 13th grade: "Hospitality and Tourism"





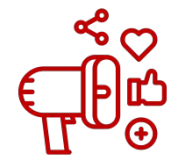
THANK YOU FOR YOUR ATTENTION








DISCUSSIONS

SUSTAINABLE FOOD

- Divide into 4 groups
 - Write a IDEA on 'Sustainable Food'
- a detailed timetable and describe content of
outs, individual or group work, methods, etc.
- Use the canvas with the following structure
(see next slide)
- 15 min time for preparation
 - 5 min time for presentation (each group)



Name of the school :

<p>IDEA / STRATEGY / GOAL (verbal description)</p> 	<p>Time from – to (min)</p> 	<p>The Method & Material used (description)</p> 	<p>The Content (detailed description)</p> 
<p>↓ Output (Physical results, ...)</p> 	<p>↓ Learning Effects</p> 