

Sustainable Restaurants: Report of Experience of Sustainable Workshops in Community Restaurants

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Abstract

Sustainable restaurants are based on the implementation of environmental management. They are closely related to quality management through a set of instruments and programs, which aim to provide a process of organizational change and continuous improvement of the environmental quality of services, products, and services. Work environment in public or private restaurants, of any size, generating greater social, environmental, and economic impact while reducing environmental damage (Maynard et al., 2020). This study aimed to implement a sustainable development program that transforms community restaurants into sustainable units. This interventional study was carried out in 12 community restaurants in the Federal District/Brazil. The intervention plan was elaborated through workshops performed with food handlers, separated by themes related to sustainable development. The food services participated voluntarily and signed the Institutional Acceptance Term. There were two meetings in each of the twelve community restaurants, one for the situational diagnosis and recognition of the activities carried out in the food services and in the second meeting, the sustainable workshops were developed. The first meeting was based on applying a previously validated checklist on sustainable practices applied with the dietitians and the employees. In the second meeting, water conservation, energy efficiency and solid waste production's themes were worked on. The first theme was addressed using posters and awareness stickers spread on the site, in that same workshop, a dynamics on garbage production was developed, to which employees were invited to consume food and soon afterward the packaging of it becomes "garbage". So that there would be the impact of the rapid production of solid waste. Finally, a conversation was held with employees explaining how the worldwide production of waste is exacerbated, damaging the planet. Also, how we can improve the situation and become more sustainable, as well as what the role of each employee about the use of water and energy in a more sustainable way.

Curiosity and knowledge about water, energy and solid waste production were identified, as well as positive evaluations of the interventions carried out. The sustainable workshops showed a positive effect on companies and employees' awareness in relation to sustainable practices.

Keywords: sustainability, restaurant, environmental management, awareness.

References

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