

Evaluation of Sustainable Practices in Food Services

¹Dayanne da Costa Maynard, ¹Renata Puppim Zandonadi, ²Eduardo Yoshio Nakano,
³Priscila Côrtes do Prado Miranda and ¹Raquel Braz de Assunção Botelho

¹*Department of Nutrition, University of Brasília (UnB), Brasília, Federal District, Brazil, 73345-010*

²*Statistical Department, University of Brasilia (UnB), Brasilia, Federal District, Brazil, 73345-010*

³*Nutrition Course, Brasília University Center (CEUB), Brasília, Federal District, Brazil, 70790-075*

Abstract

Food services are establishments that carry out nutrition and food activities, aiming to provide nutritionally balanced and healthy meals and made with food safe for consumption. As a result, the demand for food services has increased, resulting in a large generation of solid waste and overuse of natural resources, thus making evident the need to raise awareness of meal production to adopt more sustainable practices in order to reduce impacts negative to the environment (Strasburg et al., 2017). This work aimed to investigate which sustainability practices are being carried out in food services. This was descriptive and transversal study carried out in 81 food services in the Federal District/Brazil, containing philanthropic institutions, hospitals, schools, community, commercial and institutional restaurants. The research was carried out using a validated checklist questionnaire. The food services participated voluntarily and signed the Institutional Acceptance Term. Concerning the percentage of sustainable activities carried out, commercial restaurants stood out with 37.2%, followed by community restaurants with 35.9%, since the least performing activities were restaurants in the hospital sector, but with no statistical difference between them ($p > 0.05$). Among the main results found on water supply, reservoir, and water use activities, 96.3% of the companies answered that their employees verify that taps are closed when they are not in use and that the company performs immediate repair when there is a leak. Regarding the use of energy, only 12.3% used some form of renewable energy. As for gas indicators, no company uses biogas (100%). Regarding menu and food waste, 90.1% of the food services have the majority of their meals containing healthy food, and 72.8% of the food services evaluate their food waste during the preparation and distribution of food. Concerning solid waste, 63% companies carry out separation of recyclable materials (selective collection). In the case of training on sustainability and preservation of the environment, only 34.6% of the employees' teams have already undergone environmental training on energy efficiency and water efficiency and social sustainability, and 44.4% of the food services have initiatives that promote education in healthy food for the local

community. It was noted that the interest in the development of more sustainable practices in food services is of vital importance, and also that the dietitians becomes even more aware of his role concerning sustainability.

Keywords: sustainability, restaurant, environmental management, waste.

References

Strasburg; Jahno. Paradigmas das práticas de gestão ambiental no segmento de produção de refeições no Brasil. Rev Eng San Amb. 2017.

Acknowledgments: Thanks to all restaurants, nutritionists and employees who participated in the study.