

# Cardiff University

## 2017 Pledge

This is an Wales wide pledge



This commitment will be implemented by  
October 2018

# 1

Businesses and public sector bodies providing food commit to support people to eat two portions of veg at lunchtime at no extra charge

**This aligns with point 4 on the commitments framework**

### Commitment details

One vegetable portion (80g) is included in all our lunch time menus. We will offer and encourage, our customers, to eat more vegetables, by reducing the price of the second portion, to half price

### Monitoring

Increase in vegetables consumed by our customers (approximately 750 meals/d). We will monitor our daily sales of vegetables, by our till analysis.

### Additional commitment (outside the commitments framework)

Residential students taking evening meals will also be offered 2 portions on veg in all main meals at no extra cost (approximately 250 meals a day)

# Cardiff and Vale University Health

## Board



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

This commitment will be implemented by  
October 2018

# 1

Quick service, Food-On-The-Go businesses and casual dining restaurants commit to increase the number of portions of veg they sell while maintaining commitments to reduce waste

This aligns with point 3 on the commitments framework

### Commitment details

We aim to set the highest standard possible for healthy eating for staff and non-patient food supporting the healthy choice as the easy choice. The health board aims to: Become an exemplar and market leader of best practice through ground-breaking and ambitious Restaurant & Retail Standards Criteria incorporated into Health Board policy reflecting our commitment to Healthy eating and Healthy lifestyle. Ensuring staff and visitors are encouraged and supported to eat well and healthily.

This focus on improving health led to a restaurant refurbishment programme undertaken at the University Hospital of Wales. Prior to the launch of 'Y Gegin' (Welsh for 'The Kitchen') in October 2016, the old Heathfields Restaurant was a functional, institutional, yet uninspiring place to eat. Y Gegin embodies the back-to-basics, freshly made on site approach to wholesome, nutritious, and affordable meals for staff and visitors to enjoy, offering a Theatre Cookery Counter for fresh pasta and stir-fries and a BBQ which offers fresh marinated meat with a selection of fresh salads and artisan style rustic rolls.

**Our key emphasis and Healthy eating business model to encourage and ensure more fresh vegetable intake includes:** 1. Stir Fry pasta dishes, theatre style cooked fresh in front of the customer incorporating up to eight fresh vegetables and spices in every stir fry and pasta dish 2. BBQ marinated meats go into artisan bread accompanied with a fresh rainbow salad 3. Our home made sandwiches contain a minimum of three vegetables, tomato, lettuce and courgettes in a fresh baked artisan bread.

### Monitoring

Catering, Procurement, Clinical and Public Health Dietetics and the Public Health Team formed a partnership to develop and implement the standards. We worked together to develop healthy options and menu items to ensure a **75% - 25% split** in favour of healthy options available at all Health Board catering outlets. Dietetic input ensured that the recipes were nutritionally balanced and health promoting.

The Partnership will use the **Audit Tool** to assess compliance and volume of veg sold. It will also deliver **accredited training to Catering Staff** to improve their knowledge and confidence to promote healthy options with customers.

# Cardiff and Vale University Health

## Board



GIG  
CYMRU  
NHS  
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Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## 2

### Additional Commitment

1. The enthusiasm is infectious; the Health Board is about to launch the Peas Please Campaign in our restaurants, and is committed to serving sustainable fish, as part of the Sustainable Fish Cities pledge.

2. In September 2017 a Fresh Fruit stand was launched on site at UHW with tremendous uptake supporting our Healthy eating and Healthy lifestyle strategic commitment with vegetables to be incorporated into this in October 2017

3. Healthy Eating/Lifestyle Cooking Demonstrations YGegin

Chef/cooks to hold 1 x times per week a Healthy Eating/Lifestyle Cooking class in YGegin to support our Healthy Eating Agenda.

Main audience is UHB staff with the objective "Cooking Healthy"

Using Fresh vegetable ingredients

Utilise Stir Fry/BBQ counter

Effective date w/c October 2nd 2017

To be released also via social media and on internal UHW tv monitors showcasing Healthy eating and how to cook healthy In addition we will advertise within the Health board to display the winning Peas Please poster on hospital screens and GP surgeries.

# Cardiff Metropolitan University

## 2017 Pledge

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Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

This commitment will be implemented by  
October 2018

# 1

Businesses and public sector bodies providing food commit to support people to eat two portions of veg at lunchtime at no extra charge

**This aligns with point 4 on the commitments framework**

### Commitment details

“We will aim to increase all dishes that currently only have one portion of veg (80g) to 2 portions (120g) at no extra cost. Additional vegetable portions will be available and will be cheaper than chips. In addition we will advertise the Peas Please logo on all menus” . This will apply to almost 600 meals served on campus each day.

### Monitoring

Will record and monitor sales through an EPOS system based on last years sales.

# Riverside Real Food

## 2017 Pledge

This is an Wales wide pledge



This commitment will be implemented by  
October 2019

**1**

Town and cities commit to become urban veg pioneers, with city wide initiatives on skills, planning and/or procurement, campaigns and initiatives to drive up veg access & consumption and reduce waste

**This aligns with point 6 on the commitments framework**

### Commitment details

As a strategic member of the Food Cardiff partnership, Riverside Real Food commits to supporting Cardiff to become a Veg City. We will do this through promotion of the Veg City campaign at all of our farmers markets - up to 180 per year, through selecting producers working with local veg, on social media, and hold/support promotional events.

### Monitoring

% increase in annual Veg sales by stall holders, number of markets promoting Peas Please, number of events promoting Peas Please

# Penylan Pantry

## 2017 Pledge

This is an Wales wide pledge



This commitment will be implemented by  
October 2018

# 1

Retailers commit to re-evaluate the way they sell vegetables, adopting new measures\* to drive increased consumption while maintaining their existing commitments to reduce waste

**This aligns with point 1 on the commitments framework**

### Commitment details

- 1: Affordable and personalised veg boxes delivered by bike
- 2: No pre packaged vegetables are sold at the Pantry or used in the veg boxes
- 3: We only use recyclable brown paper bags
- 4: Veg stand selling seasonal fruit and veg placed at the entrance of the Pantry, all customers have to pass the veg stand in order to enter the Pantry
- 5: All fruit and veg is priced affordable to encourage customers to purchase more veg
- 6: We stock different varieties no available in the local supermarkets, to try to encourage customers to try something new
- 7: Vegetables are loose, customers can purchase exactly what they need, this reduces waste.

### Monitoring

% increase in annual Veg sales by stall holders, number of markets promoting Peas Please, number of events promoting Peas Please

# Penylan Pantry

## 2017 Pledge

This is an Wales wide pledge



This commitment will be implemented by  
October 2018

# 2

Quick service, Food-On-The-Go businesses and casual dining restaurants commit to increase the number of portions of veg they sell while maintaining commitments to reduce waste

**This aligns with point 3 on the commitments framework**

### Commitment details

- 1: A range of 4/5 salads are freshly prepared and made daily available to sit in and/or takeaway
- 2: Our quickest and easiest options for takeaway are salad boxes
- 3: 80% of our menu is made up from Vegetables
- 4: We make a veggie, homemade soup daily
- 5: Our salads are prepared in a way that makes people think differently about veg and salads, it encourages them to eat more salads, choose the salad option and inspires them to try these cooking techniques at home
- 6: We also use seasonal produce, again encouraging people to eat in line with the seasons
- 7: our soups and salads are made from the veggies that are not fresh enough to be sold on the veg stand, thus reducing food waste
- 8: Our daily salad menu is dictated by surplus which could otherwise end up as food waste

### Monitoring

We monitor sales of veg based dishes, and we monitor our food waste levels

# Penylan Pantry

## 2017 Pledge

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This commitment will be implemented by  
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# 3

Town and cities commit to become urban veg pioneers, with city wide initiatives on skills, planning and/or procurement, campaigns and initiatives to drive up veg access & consumption and reduce waste

**This aligns with point 6 on the commitments framework**

### Commitment details

We plan to put on a Vegetable only collaborative supper MealSq leaf to root Supper. This supper will be a city wide event, bringing together a group of Cardiff independents, cooking a one off vegetable only inspired menu. Tickets will be available to the general public, and they will all leave with recipes and tips on reducing food waste.

### Monitoring

We will sell out all tickets, monitor social media presence and activity. Carefully planning and interaction with the businesses involved before the event takes place. The event will create a stronger network between the businesses involved thus supporting each other in reducing food waste on a commercial level and increasing the consumption of vegetables to the consumers.