



# 6 TIPS TO OPERATE A MORE SUSTAINABLE HOTEL KITCHEN

Mini guide with practical tips to help you implement sustainable procedures in your kitchen

*Tips from Winnow and Considerate Group*



CONSIDERATE





# Operating a more sustainable kitchen

With food prices rising, competition increasing, and guests becoming more demanding, the next years are set to be incredibly challenging for hotel operators. By becoming more sustainable, hotel kitchens can reduce costs and improve their environmental impact.

Nobody knows more about optimizing hotel kitchens than those who work closely with chefs and teams on a daily basis helping them improve their kitchen's efficiency in a responsible way.

We know this because both organisations preparing this report - Winnow and Considerate Group - have many years of experience of doing exactly that. We make sure that hundreds of hotels in over 30 countries can reduce their food waste, save money and contribute to the environment at the same time. We are specialised in helping kitchens reduce their operating costs whilst minimising their environmental impact, by leveraging on data.

Winnow develops digital tools to help chefs run more profitable

and sustainable kitchens by cutting food waste in half. While Considerate Group helps hospitality businesses implement their environmental standards.

Together, Winnow and Considerate Group's client portfolio include some of the world's most prestigious brands, such as AccorHotels, Compass Group, IKEA, Costa Cruises, Marriott, Hilton, The Zetter Group, Edwardian Hotels London, and The Oetker Collection.

Throughout our journey we have learned many valuable lessons to help you optimize your kitchen's workflow, saving you both time and resources. This guide is the unique combination of both organisation's experience. We will share insights on how hotel kitchens can become more sustainable whilst reducing their operating costs and minimizing their environmental impact, with simple changes.

We hope these secrets make as big a difference to your operations as they have done to all our clients.



# ENGAGE YOUR STAFF

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When introducing changes that will lead to the creation of a more sustainable kitchen, the success of the operation will rely on team cooperation and buy-in. From our experience of working with hundreds of kitchens, we developed a simple four stage process which we call 'The 4 As of staff engagement': Awareness, Accountability, Action, and Award.

**Awareness:** The first step to engaging your staff is to tell the story of why sustainable practices are important. Everyone has different motivations for why we care about sustainability.

- Talk to your team and ask them what's important
- Inspire the team to gain their support by discussing those sustainable aspects that are important for them

**Accountability:** Creating a sense of accountability within your team is also important. You can't be in the kitchen all the time, so you need to delegate responsibility.

- Assign responsibilities
- Agree on what success looks like
- Create ownership by nominating champions who will be responsible for leading others and overseeing the project

**Action:** Keep your ultimate goal in mind to transform your kitchen into a more sustainable environment.

- Train your team
- Look for quick wins to be more efficient

**Award:** The best way to gain the attention of your team is positive reinforcement.

- Share success stories with them during your weekly meetings
- Select positive examples, print them and add to the team's board
- Support positive behaviour by awarding those who are more engaged



# CONTROL YOUR COST

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We understand that in a busy professional kitchen it is easy to lose sight of spoilage and waste, and conducting the appropriate training for your kitchen staff can be overwhelming. These details, however, can cause extra cost for your operations if they are not monitored and managed continuously.



**Track your Inventory:** By conducting inventory counts you can measure the amount of food, and how fast the products are being used in your kitchen over time. It will help you understand how much profit your business makes from the products sold.

- Check your inventory daily
- Check your top sellers daily
- Be accurate with inventory

**Train Employees:** With proper employee training, your business can prevent overspending while your staff still provides excellent quality dishes and service.

- Invest in staff training and review processes on a regular basis
- Cross train staff to provide a larger range of skills

**Purchase Wisely:** Where to buy your products and on what conditions are some of the key decisions you need to make in your business.

- Make price comparison
- Purchase in bulk
- Invest in versatile and lower cost products, such as seasonal vegetables and fruits



# INVEST IN TECH

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Technology provides great opportunities for your professional kitchen to streamline its workflow and improve profit margins. Technology tools can also help you keep on track with everything that is going on in your busy kitchen, including your sustainable projects.



**Help your team embrace technology:** Embedding new technology can be very rewarding but it can also come with resistance. Help your team overcome their fears.

- Prepare them for change
- Delegate Champions of the change
- Reinforce the change and collect feedback

**Use Data To Empower:** Not only is technological innovation booming, but it is rapidly shifting towards sustainable solutions.

- Research and choose digital tools that can give you data to help you achieve your sustainable goals
- Invest in sustainable technologies that are energy efficient





# SAVE ENERGY

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A lot of the electricity produced is still reliant on coal, oil, and gas, which are the main emitters of Greenhouse gases responsible for global warming. It is crucial to ensure efficient energy consumption in the hospitality sector in order to reduce our emissions.

### **Oven & Grills :**

- Do not leave appliances on standby/pilot - switch off grills, fryers, and hobs immediately after use.
- Do not preheat the oven for long (most modern catering equipment reaches optimum temperature quickly)
- Ensure pass/heat lamp is switched off when not in use
- Regularly check seals and gaskets on oven doors to ensure a good fit and minimal heat loss

### **Fridges & Freezers:**

- Put items in the fridge or freezer only when cool
- Install fridges/freezers to fully aired spots, never close to heating or an oven
- Keep chiller and freezer door openings to a minimum
- Defrost cooling units every two months (as a minimum)

### **Dishwashers:**

- Use energy saving/efficiency program when using a dishwasher
- Turn off the dishwasher machine when not in use
- Shorten the drying times in dishwasher cycles
- Use dishwashing machines only when fully loaded

### **Champions:**

- It is important to appoint a team “Champion” who will be responsible for implementing the project and assuring its success





# USE WATER CAREFULLY

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While over a billion people worldwide lack access to water, hotels can use up to 1,500 litres daily per occupied room. There are small steps each department can take to manage excess water consumption and reduce negative environmental impact.

- Avoid hand washing utensils
- Do not leave water running: instead use buckets that fit in the sink for defrosting/washing of items
- Reduce water flow of kitchen taps
- Use foot pedals for kitchen sinks
- Use dishwashing machines only when fully loaded
- Use air cooled ice machines instead of water cooled
- Soak items before placing into the dishwasher



Photo credit: Craig Whitehead via Unsplash



# PREVENT FOOD WASTE

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One-third of all food produced for human consumption is wasted every year, costing approximately one trillion dollars. Reducing food waste not only makes environmental sense – it makes financial sense as well.

### **Preparation:**

- Capture and analyse data on each area of production and understanding why, when and where food waste happens
- Avoid overproduction by switching from bulk production to smaller batches
- Make adjustment to portion sizes to prevent plate waste
- Prepare daily production estimates to avoid cooking more food than the necessary
- Providing regular staff training to improve efficiency and reduce preparation errors

### **Storage:**

- Package food items properly before placing them in fridge/ freezer
- Store stock correctly at the right temperature and date all products when you receive them to avoid wasting food due to spoilage issues
- Put new products on the back of the shelf so older food gets used first





# About Winnow

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We believe that chefs deserve the information in an easily accessible way to make their kitchens more productive, freeing up time to focus on being creative with food. Our pioneering smart meter helps chefs cut their food waste in half, dramatically improving their profitability.

We believe that what gets measured gets managed, and by using technology and information intelligently, kitchens can be made more efficient.

We believe that it is all of our responsibility to make the most from our food.

Our team at Winnow have worked with hundreds of kitchens – we have learned a lot on the journey so far. We understand that achieving and improving profitability in a professional kitchen can be a daunting challenge.

## FIND OUT MORE

By telling us a bit about your business we can give you a detailed estimate of how much your operations could save using our the Winnow System to cut food waste:

[www.winnowsolutions.com/calculator](http://www.winnowsolutions.com/calculator)

# About Considerate Group

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Considerate Group drives responsible business practices across the hospitality sector.

The in-house team comprises experts with extensive hospitality industry knowledge and experience, sustainability analysts, and engineers.

The Considerate Group client portfolio includes boutique hospitality brands, many of London's flagship properties, hotel groups, management companies, and private islands.

The work done by Considerate Group aligns to the framework of the UN Sustainable Development Goals (SDGs), UN Global Compact, and the objectives set in The Paris Agreement at COP21.

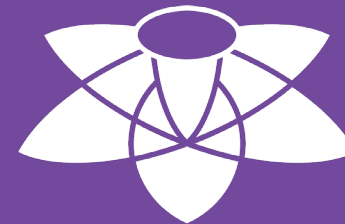
## FIND OUT MORE

We can show you how reducing the consumption of gas, electricity and water are not only a more responsible way, but a better way to run your hospitality business.

<http://considerategroup.com/>



[www.winnowsolutions.com](http://www.winnowsolutions.com)



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