

Food For Life

Served Here

at GCU



About GCU



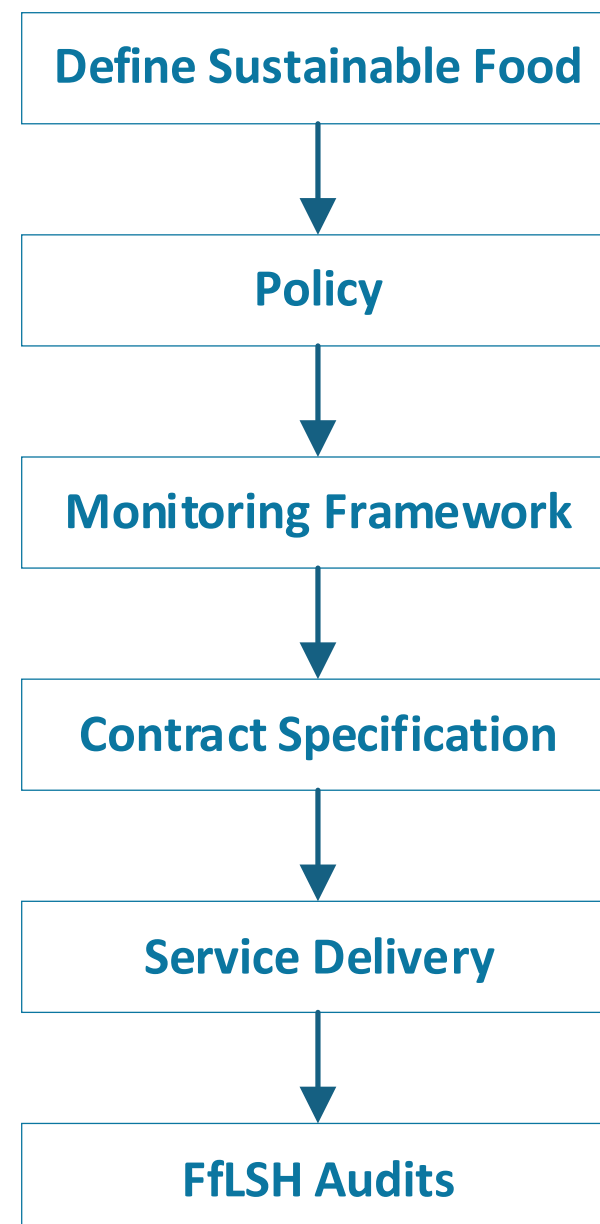
Established in 1993, GCU is an international University with campuses in Glasgow and London plus and a number of international partnerships.

Glasgow Campus:

- City Centre location
- 13 buildings
- 20,000 people travelling-in each week
- Outsourced catering (BaxterStorey)
5+2 years (new contract Aug. 2025)
- 6 catering outlets
- Over 180000 Meals served
- Over 225000 hot drinks/coffees served



Policy & Contractual Context



Whilst the University is not directly involved in the delivery of the on-campus food offering, it recognises that today's food systems are entangled in many social, economic and environmental challenges. The University therefore commits to using its influence to enhance the environmental and sustainability credentials of the on-campus catering offer by minimising any its potential contribution to these issues.

To help deliver this commitment, GCU defines sustainable food as food that is healthy, inclusive and from an ethical supply chain with low environmental impacts.

Recognising that these terms encompass a range of issues, the University proposes, that for the context of this Policy, they are broadly defined as:

- Healthy food uses only safe ingredients and contributes to positive health outcomes.
- Inclusive food supports the Scottish economy and reflects the cultural diversity, dietary requirements and budgets of individuals that eat at GCU.
- Ethical food safeguards the correct treatment of suppliers, individuals and animals involved in (or as part of) the supply chain.
- Low environmental impacts arising from practices that minimise resource depletion and environmental damage at every stage of the supply chain, from production to preparation and consumption. .

Fresh & Sustainable Food Policy

Seasonal menus

Local & regional suppliers

UK meat

Responsible fishing

Free range eggs

Fairly traded products

Bottled water



Food additives

Items not permitted under the Baxter Storey Responsible Use of Additives Policy

24 food colours

12 flavour enhancers

2 antioxidants

23 preservatives

Artificial sweeteners in homemade foods



It all starts with the food

We work on a 3-week menu rotation.

This gives a good balance between providing a great variety of meals for students and staff but also enables us to control purchasing and stock holding.

The first stage is to submit your menu to be checked to confirm how much of it is freshly prepared using their Scratch Cooking checker.

For Bronze 75% needs to be cooked from scratch, then with Silver 5% of your total food spend needs to be on organic ingredients.

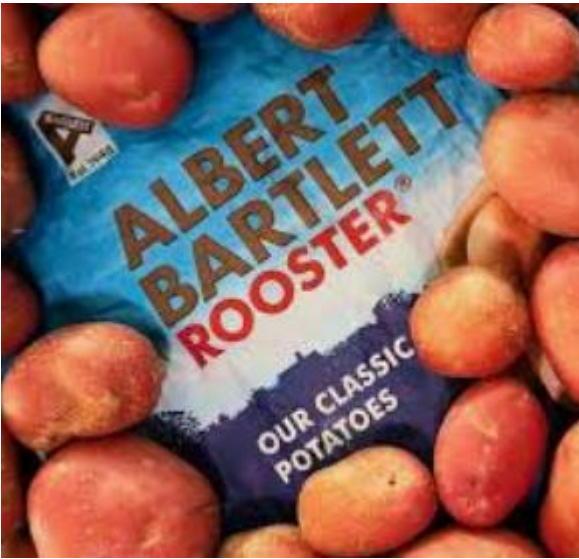
At GCU, our 86% of our food is cooked from scratch.



GEORGE MOORE REFECTORY				WEEK - 2	
	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade soup	Homemade Waste Knot soup of the day with bread	Homemade Waste Knot soup of the day with bread	Homemade Waste Knot soup of the day with bread	Homemade Waste Knot soup of the day with bread	Homemade Waste Knot soup of the day with bread
Salad bar	Mood & food salad bar	Mood & food salad bar	Mood & food salad bar	Mood & food salad bar	Mood & food salad bar
Project Knead	Homemade Mungoswell flour bread	Homemade Mungoswell flour bread	Homemade Mungoswell flour bread	Homemade Mungoswell flour bread	Homemade Mungoswell flour bread
Deli Sandwiches	Selection of homemade deli sandwiches	Selection of homemade deli sandwiches	Selection of homemade deli sandwiches	Selection of homemade deli sandwiches	Selection of homemade deli sandwiches
Live kitchen	Salt n chilli chicken wrap, coleslaw, fries	Ayrshire smoked bacon loin bagel with Scottish kimchi Grilled halloumi bagel with Scottish kimchi	Burger bar, fries, salad, coleslaw	Homemade croque monsieur, fries salad Add an egg for £1	Chip shop Friday
Snack pot	Tater tots, nacho cheese sauce and salsa	Katsu chicken dipper and chips	Indian snack box	Homemade nachos with beef chilli and cheese	Mossgiel Mac 'n' Cheese bites
Main Counter	Beef & vegetable pie, roast rosemary potatoes, Mashed	Chicken tikka masala, rice, naan, spiced onions	Chicken fried rice, spring rolls, prawn crackers	Pork stir fry, corriander rice	Waste free Friday
	Veggi Mince and vegetable pie	Vegetable & lentil dahl	Vegetable Chilli with steamed coriander rice	Vegetable fried rice	Waste free Friday
Pasta	Homemade pie of the day	Smoked haddock and leek fishcakes with salad	Homemade sausage roll with chips and beans	Homemade pie of the day	Breaded fish, chips & peas
	Tomato & roasted vegetable	Broccoli & cheese	Vegetable bolognaise	Tomato & basil	Mossgiel Mac n cheese
Loaded Albert Bartlett bakers	Choose two toppings, served with salad. Cheese, coleslaw, tuna mayo, baked beans and hot topping of the day	Choose two toppings, served with salad. Cheese, coleslaw, tuna mayo, baked beans and hot topping of the day	Choose two toppings, served with salad. Cheese, coleslaw, tuna mayo, baked beans and hot topping of the day	Choose two toppings, served with salad. Cheese, coleslaw, tuna mayo, baked beans and hot topping of the day	Choose two toppings, served with salad. Cheese, coleslaw, tuna mayo, baked beans and hot topping of the day



Local heroes



Isn't organic food more expensive?

Yes, it most certainly is!

You can offset this cost with careful menu planning.

Baxter Storey recently adopted Beans is How within the whole business. We're encouraged to increase the use of beans and pulses in our dishes as they are a more sustainable ingredient, but they have the benefit of being cheaper.

Making more food from scratch is cheaper than buying in ready made or frozen meals, however there is an increased cost of labour.

Consider which ingredients you want to switch to organic. Moving all our milk to Mossgiel Dairy pretty much got us to the 5% required.

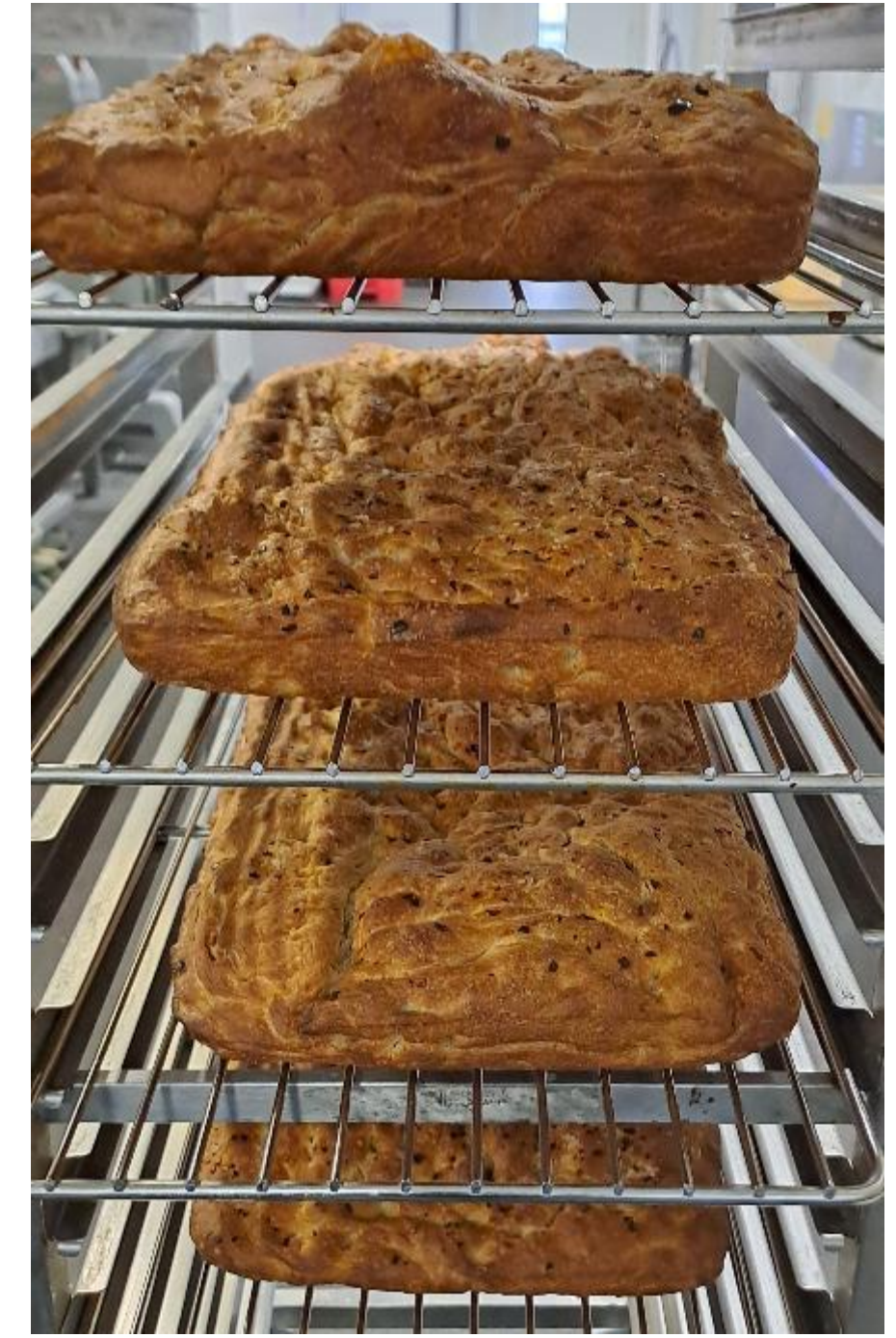


Upskilling the team

To cook more food from scratch, we had to increase the numbers of team members in the kitchen and improve their skills.

I have had 7 members of the kitchen team on various levels of the Baxter Storey Chef Academy in the last 2 years. This has had the added benefit of allowing progression.

For instance, 3 of our kitchen porters have recently become chefs. This was an unexpected bonus of the process, I've found it really satisfying to see the development within the team.



Engagement

Staff can be naturally suspicious or reluctant of anything new. Sue and Lucy carried out training on site way back at the start of this process. This really helped to get the message out to the team around what this is and why we are doing it.

Getting to kitchen team on side was crucial, there's no denying that the way they work has changed drastically. The difference has been massive. They're now really engaged, and the menu is constantly evolving as a result.

Try and bring your customers on the journey with you. Try out new ideas with sampling, provide recipe cards and talk about your FFLSH progress with them.



Purchasing

Organic ingredients can be difficult to source. Often our suppliers would have lots of items listed, but they always seemed to be out of stock.

Organic certification is also a challenge. Whoelsalers must have as well as the actual producers, or we can't count it towards our total percentage of purchasing. I found this out quite late in the process. We were fortunate that enough of ours had complied, but there were some that didn't have it, which could have caused us to miss the 5% target.

We're fortunate the Baxter Storey encourage us to use local suppliers as many large companies don't do this.



What have we learned?

Know what you want to be

We're not Greggs, Costa or Subway. We provide freshly cooked meals, made using sustainable and locally sourced ingredients at a price we believe gives good value to everyone. You can't do what these other companies do and expect to be successful with FFLSH.

Use the support

Everyone I've dealt with at the Soil Association has been brilliant. They know the process inside out and they have so much knowledge about suppliers and produce. They helped me at every stage and made an initially daunting process so much easier. They really want you to succeed.

Commit to Food For Life Served Here

To be successful with the awards, you need to live and breathe it. Question the norm, look for the small changes you can make, because they add up and before you know it, everything is different. That big score you had to hit suddenly isn't so far away.

The end result

It was fantastic to be the first Further Education site in Scotland to achieve the FFLSH Silver award.

I will admit that to see how far above the 150 point target for Silver we are left me a little disappointed that we had not hit the level for Gold.

It isn't possible for us at the moment, but we're working behind the scenes to change suppliers for chicken and pork in particular. Those two changes will go a long way to getting up towards the 300 points and achieving Gold.



Summary

	Current Points	Silver status	Gold status
Organic	45	Silver Standard Met	75 points required
Free Range	3	No minimum requirement	20 points required
Ethical and Environmental Food (including additional organic and free range)	86	Silver Standard Met	25 points required
Ethical and Environmental Drinks	5	No minimum requirement	No minimum requirement
Sustainable Palm Oil	10	No minimum requirement	No minimum requirement
Championing Local Food Producers	95	No minimum requirement	No minimum requirement
Making Healthy Eating Easy	41	Silver Standard Met	50 points required
Total Points	238	150 points required	300 points required

Silver FFLSH Award Achieved!

Not quite at Gold

THANK YOU