



Sustainability Kick-Starter Checklist

Taking the first step toward sustainability doesn't have to be overwhelming. This checklist covers the basics to help your business identify areas for improvement and spark ideas for more sustainable practices. For a comprehensive audit and detailed action plan, our team at Table Food Consultants can provide expert guidance tailored to your needs.

1. Purchasing

- Do you source locally and/or from suppliers with sustainable practices?
- Are your ingredients ethically sourced (e.g., Fair Trade, organic, sustainably farmed)?
- Do you consider the environmental impact of packaging from suppliers?
- Do you consider where your proteins have been sourced and raised?

2. Storage

- Do you have practices in place to reduce food waste (e.g., FIFO – First In, First Out)?
- Is food stored in a way that minimises spoilage (correct temperatures, sealed containers)?
- Do you use energy-efficient refrigeration and storage equipment?

3. Ordering

- Do you monitor and adjust ordering to minimise over-purchasing and food waste?
- Are you leveraging local, seasonal produce in your orders?
- Have you optimised delivery schedules to reduce carbon emissions?

4. Inventory Management

- Are you tracking inventory levels regularly to avoid wastage?
- Do you have a system in place for repurposing or donating unsold or surplus food?
- Is your inventory management system digital to reduce paper use?

5. Production & Preparation

- Are you training staff on reducing water and energy consumption during food prep?
- Have you implemented measures to minimise food waste during preparation?
- Do you have a plan for composting or repurposing food scraps?
- Do you track audit the food waste in your kitchen regularly?

6. Menu Design

- Have you introduced plant-based or low-impact meal options to your menu? Do plant-based / low-impact meals options make 30% of your menu?
- Do you offer seasonal menu items that align with local produce availability?
- Is your menu designed to reduce food waste by using whole ingredients creatively?

7. Serving of Food

- Have you eliminated single-use plastics from your service areas & preparation areas?
- Are you offering customers reusable, recyclable, or biodegradable serving options?
- Do you track portion sizes to ensure that servings match customer demand, minimising waste?

8. Community Engagement

- Do you collaborate with local charities or food banks to donate excess food?
- Are you promoting sustainability initiatives within your local community?
- Have you partnered with other businesses to reduce environmental impact (e.g., joint delivery routes, joint pick up location for food recovery)?

9. Energy Efficiency

- Have you upgraded to energy-efficient lighting and kitchen appliances?
- Do you regularly monitor energy usage and implement energy-saving practices?
- Are you exploring renewable energy options for your establishment?

10. Chemical Use

- Are you using eco-friendly cleaning products that reduce environmental harm?
- Do you have protocols in place for the safe disposal of chemicals?
- Have you reduced the use of harmful chemicals in your day-to-day operations?

11. Sustainability Team

- Do you have a designated team or individual responsible for overseeing sustainability efforts?
- Is sustainability a part of your company's core values and employee training?
- Are you regularly reviewing and updating your sustainability practices?



12. Technology

- Have you adopted technology that helps reduce waste (e.g., inventory management, smart meters)?
- Are you using digital tools to reduce paper use in ordering, invoicing, and marketing?
- Have you explored innovations like energy-saving appliances or systems?

This checklist is designed to get you started, but every business is unique. Our Starter Sustainability Audits can provide deeper insights and tailored solutions to help you achieve your sustainability goals. Get in touch with us today to learn more about how we can help!