

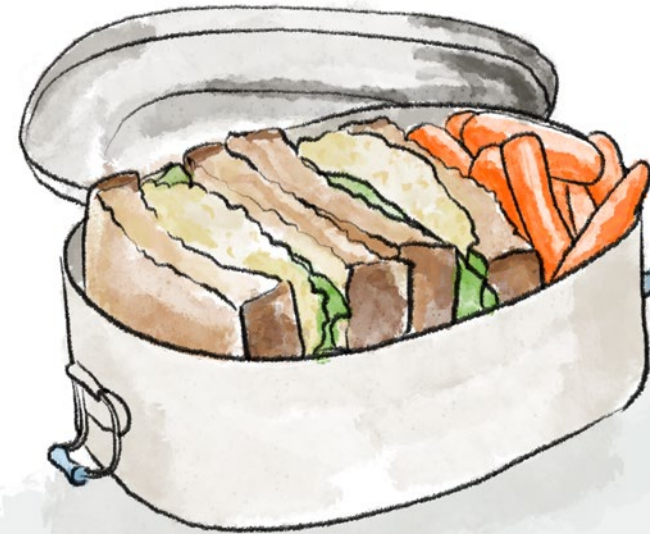


Eco-friendly catering

during video conferences

ECO-FRIENDLY CATERING DURING VIDEO CONFERENCES

the right choice is what makes the difference!



When it comes to selecting a catering that is both healthy and climate-friendly, making the right choice of food is key.

About 21% to 37% of the overall worldwide greenhouse gas (hereinafter GHG) emissions are attributable to our food system. These are from agriculture and land use, storage, transport, packaging, processing, retail, and consumption (IPCC report, 2019). According to this report, global food loss and waste equalled 8% to 10% of the total anthropogenic GHG emissions. This means that everyone of us needs to critically question one's behavior and change it accordingly. Make the right food choices and be appreciative of your foods.

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Dear virtual conference attendees,

15% of the per capita CO₂ emission in Germany alone can be attributed to our diet. To reduce this emission in Bremen, we advised the conference organizers of the International Coral Reef Symposium 2021 in Bremen. Our common objective was to provide eco-friendly catering for daytime events with a focus on regional, seasonal, and plant-based organic food. With this guide, we would like to encourage you to provide for an eco-friendly catering during your attendance at the ICRS 2021 conference and beyond.

Enjoy your eco-friendly meals!

This is how sustainable conference catering is done

/ buy regional and seasonal products



/ choose plant-based, fresh ingredients instead of animal products and highly processed foods, which saves 90% of GHG emissions from food production

/ avoid food waste



/ prefer products from certified organic farming



/ choose tap water and tea over juice and soft drinks, whenever possible



/ do your grocery shopping by bike or by foot



/ avoid packaging wherever possible

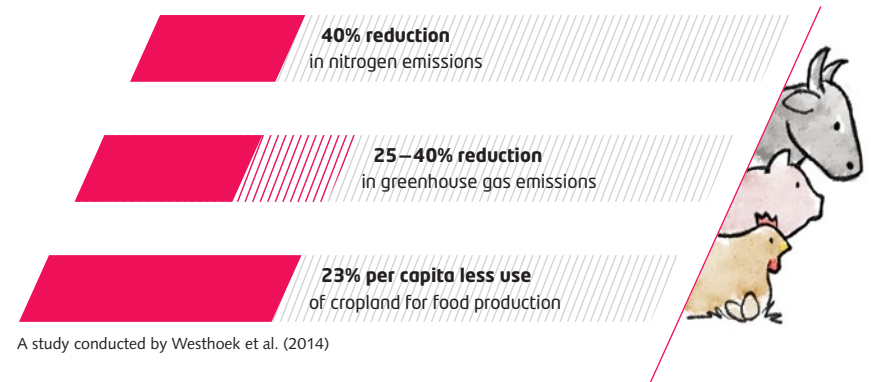


The right food for your health and the climate

When working highly concentrated, e.g., at video conferences, your body requires a calorie intake of 9600–11700 kJ (2300–2800 kcal). A sustainable healthy diet is guided by the recommendations of national nutrition societies or the WHO. These societies recommend five smaller meals a day with approx. 2100–2500 kJ (500–600 kcal) each. This is equivalent, for instance, to a plate of pasta with tomato sauce, vegetables, and fresh herbs.

A healthy, sustainable, and balanced diet is rich in whole grains, legumes, fruits, vegetables, nuts, and seeds and includes only a few energy-intensive animal foods and highly-processed foods.

Halving the consumption of meat, dairy products and eggs in the European Union would achieve a ...



A study conducted by Westhoek et al. (2014)

This is largely the same in most countries.

To calculate the share in CO₂ of your conference catering, please follow these links:

English version:
www.bbc.com/news/science-environment-46459714
www.foodemissions.com/foodemissions/Calculator

For our calculation we used the following apps:
www.klimateller.de
www.klimatarier.com/de/CO2_Rechner

LET'S ENJOY EATING ECO-FRIENDLY TOGETHER

also during video conferences!

At in-person events, shared meals are usually used to network and socialize with peers. In this context, it is up to the hosts to ensure compatibility with climate-friendly aspects in the selection of food and beverages as well as tableware, etc. Hosts may also encourage their attendees at virtual conferences to prepare their own meals in a healthy and climate-friendly way. This is even possible in form of shared meals. In the following you will find a few ideas for implementation:

- point out climate-friendly practices in all your communications;
- communicate in advance of virtual meetings that shared breaks are planned and desired;
- address sustainable foods and beverages systematically on the social media channels of your conferences, e.g., via pinboards, so that all attendees can contribute;
- provide designated breakout rooms in which people can also talk about catering. (This is a great place to exchange information on local sources of supply or to learn something about national dishes of fellow attendees.);
- organize competitions (challenges) on individual CO₂e shares;
- present the characteristics of organizing events in a way that is unique, climate-friendly, and beneficial to the attendees' health as best practice.



Creating an exemplary conference catering service for big events that is both friendly to the environment and to the climate

When organizing big events, catering companies, hotels, food wholesalers and their employees often fail to pay adequate attention to embrace catering concepts for big daytime events that are sustainable, energy-efficient, friendly to the environment and to the climate.

The aim of this project was to develop solutions for a conference catering service that is sustainable, energy-efficient, friendly to the environment and to the climate and to put this approach into practice on the occasion of the 14th International Coral Reef Symposium (ICRS). Despite the virtual hosting of the symposium due to the pandemic, this pilot project aimed to provide all stakeholders and attendees with insights and a stimulus for climate-friendly catering.

Introducing the project stakeholders

The project implementation involves the contribution of the following stakeholders:

Host of the project is the non-profit climate protection agency Bremer Energie-Konsens GmbH (hereinafter *energiekonsens*). Its objective is to implement measures for climate protection and energy efficiency for the federal state of Bremen. In its role as a neutral and independent agency and driving force, *energiekonsens* offers services for companies, individuals working in the building industry, institutions and private households in Bremen, Germany. *energiekonsens* initiates and promotes projects on energy efficiency, organizes information campaigns, establishes networks, and conveys knowledge to experts and consumers.

As a cooperation partner of the project, *esscooltur* is responsible for the specialist area of catering gastronomy and the transfer of pedagogical knowledge with regard to vocational schools. *esscooltur* advises non-profit organizations and municipal institutions nationwide on the operation of professionally organized, guest-focused, and affordable catering services for kids and teenagers.

In its capacity as host, the University of Bremen provides the organizing committee for the 14th International Coral Reef Symposium under the direction of Prof. Dr. Christian Wild, Faculty 2 Biology/Chemistry of the Department of Marine Ecology.

As partners from business and industry, the exhibition center Messe Bremen, the Congress Centrum Bremen, and the Maritim Hotel Bremen (original event locations) were involved in the implementation of environmentally and climate-friendly conference catering together with the on-site catering service of the exhibition center "Geschmackslabor".

As partners from the education and training sector, three vocational schools in Bremen were involved in the implementation of integrating the specialty of environmentally and climate-friendly conference catering for big events into their vocational training programs for chefs, hotel clerks, and housekeepers.



LITERATURE AND ADDITIONAL SOURCES

In principle, offering an environmentally and climate-friendly conference catering is possible and, in light of the climate change, is urgently needed. Current nutritional styles and our prevalent nutritional culture as well as their impact on the environment and the climate have increasingly become a hot topic of public discussion and have also made the gastronomy change its views and approach this issue.

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