

# NEWS

## SUSTAINABILITY IS NOT MERELY A TREND

Food, retail and hospitality operators have been called on to support a drive to cut the 100,000 tonnes of food wasted each year by 50% before 2030. The Step up to the Plate symposium, to be held at London's V&A museum next week, will see businesses and individuals asked to sign a pledge that aims to halve food waste by 2030 and have 50% of the UK's largest food businesses measuring, reporting and acting on food waste by 2019.

Rosalind Rathouse, founder of Cookery School at Little Portland Street (London) – a well known sustainable culinary school – has lived as sustainably as possible since well before the inception of Cookery School sixteen years ago and feels the initiative is way overdue. "In 2019 living in a sustainable way is critical for our families and the world around us and as a food business our ethos has only strengthened," says Rathouse. "Sustainability is not just a trendy buzzword for Cookery School, we practise it through everything we do. It is hard to believe looking back 16 years ago that some people considered Cookery School to be a little unconventional. They could not understand why we stopped using tuna which was flown in from Sri Lanka when it was a highly used ingredient. We gave up on skate before most people even knew that it was endangered; plastic film was banned from the kitchens more than 10 years ago, as was aluminium foil unless it was recycled."

Cookery School at Little Portland Street has a 3-star rating from the Sustainable Restaurant Association and takes its food waste management

very seriously. Peelings and bones are made into stock, the kitchen runs on renewable energy, the kitchen is virtually plastic free – even managing to operate without that industry staple, clingfilm. The school even has its own award-winning allotment on Regent Street to supply its two kitchens with fresh herbs, runs dedicated classes on how to use up food waste and offers an accredited module called *Sustainable Kitchen™*, where students learn the thinking behind sustainability but, more importantly, do a practical exercise to put into use what the theory has taught them. Rathouse says, "Our greatest achievement is in always doing what we believe is right in our own determined way and now others are following suit. We are very pleased but also constantly surprised when well-known chefs set targets to reduce their waste or rid their kitchens of plastic when this has been a part of our DNA for so long. So many procedures that others now follow to reduce environmental impact have been in place at Cookery School for a number of years already."



"Whilst the actions of one cookery school cannot dent the huge problem that our planet faces, if we teach the thousands of people coming through our doors each year about eating sustainably and reducing their carbon footprint and then they tell their friends, with all of us working together, we will start to make a real difference."

For further information about Cookery School at Little Portland Street, please visit <https://www.cookeryschool.co.uk/contact>

