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Sustainable Sourcing

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SUSTAINABILITY IN THE CULINARY KITCHEN

Reflective poster: Sustainable Sourcing

By: Sofía Zenteno Aguirre



Costa Rica

Visited coffee plantations and learnt about fair work conditions and the production of coffee

Visited a farm where we learnt about the different crops native to Costa Rica, as well as chocolate production

Making Connections

Sustainability

Research project about fair trade that included fair work conditions

Visited farms in Rhode Island to learn about locally grown produce, discuss land ethic, and crop production



Culinary Sustainability

A. **Sustainability** is a system that provides consumers with product that is healthy, natural, and as good for the environment as possible. It encourages community and respects identity.

B. The **food service industry** is one of the most money moving systems in place. Due to this, it is highly encouraged for chefs to own their role in this movement and promote sustainable practices.

C. **Food policy** is a concept that shows concern for how food is handled from production to consumption. These regulations tend to be expensive, bureaucratic processes that tend to have negative impact on smaller farms.

D. **Food service operations role in sustainability** starts in how food is grown and treated. Chefs are also responsible to fully utilizing the product and to have environmentally friendly systems implemented in the kitchen; waste management, water and electricity use. Lastly, we have an important role in educating our customer and supporting our community.

JOE KING



E. **Experiential learning** in this class was a great way to grasp onto the concepts and to immerse ourselves in them. Meeting farmers and other food service professionals who are passionate about their jobs and the environment

Inspiring Interest

Urban agriculture is a practice dedicated to cultivating crops in an urban environment. These spaces tend to bring communities together, reduce food insecurity, increase food sovereignty and literacy. When people are in touch with the earth and their food, they respect and appreciate it more.

Learning about urban farming really got me thinking about implementing these practices in big cities like Mexico City. "It can generate jobs and income from otherwise completely unproductive space". (Lewis, 2023) Urban agriculture could additionally support the local economy and help fix the job shortage. I would love to be able to go back home and implement this knowledge to support my community.



HILLDALE FARM

Conclusion

Sustainability in the culinary kitchen has been a very valuable and informative introduction to how to be a more conscious Chef as well as the impact and the responsibility we have on the earth and our society. Culinary professionals have a very valuable voting dollar and we have to put it into good use. Because of this, I encourage us to keep educating ourselves and be mindful of our practices.