

Sustainable meals

Position paper

This document is a brief summary of how Sodexo works with sustainable meals within the framework of our global sustainability plan Better Tomorrow 2025. We work towards clear goals. The most overall is that we have committed ourselves to reducing the company's climate impact by 34 percent until 2025 (base year 2017). As food is the core of some of the world's most acute problems, we place great focus on all stages of our meal services. Together with others, we work towards the goals in the UN's Agenda 2030.

Starting position

- Food and agriculture are two of the main causes of global warming, accounting for about 1/4 of all global greenhouse gas emissions.
Source: [Emissions by sector - Our World in Data](#)
- Almost 40 percent of the food produced around the world ends up as waste. If food waste were a country, it would account for a third of the world's greenhouse gas emissions.
Source: [WWF We're losing 40% of the food we produce. Here's how to stop food waste.](#)
- More than 800 million people suffer from hunger (about 10 percent of the world's population).
Source: [FAO – The state of food security and nutrition in the world](#)
- Studies show that almost half of all plant-based calories come from the three crops corn, rice and wheat, which harms biodiversity.
- Improper diet or overconsumption of food increases the proportion of people with obesity and other diet-related diseases such as diabetes.
- Beef gives rise to a total of emissions corresponding to about 26 kg CO₂e per kg of meat. Cereals and legumes about 0.5 kg CO₂e per kg of cooked product.

Global commitments

Our meals are based on four main factors: responsible purchasing; promotion of plant-based meals; nutrition, health and well-being; and food waste prevention.

Responsible purchasing

Every year, our purchasing teams spend billions of euros on approximately 150,000 suppliers around the world. We buy and serve fresh food directly from local producers and from large companies in the food industry.

- We choose ingredients according to strict requirements and according to rigorous testing processes.
- We promote inclusive growth by integrating small and medium-sized companies in our supply chain.
- We are committed to eliminating deforestation from our supply chain by 2030. Four agricultural products are at the core of our plan: beef, soy, palm oil and paper.

- We have committed to only buy eggs (shells and liquids) from cage-free chickens worldwide by 2025.
- In 2010, in response to the threat overfishing represents to marine ecosystems, we became the first company in our sector to remove threatened species from our supply chain.
- In several countries, we collaborate with organizations that have taken the initiative for sustainable solutions, for example: Future 50, Wasteful to Tasteful (UK, Australia); Greenhub / Foodhub in Finland and Impact + in France.
- Partnerships with NGO partners such as WeConnect. In Sweden, we collaborate with, among others, Sveriges Stadsmissioner.

Promotion of plant-based meals

- The dependence on animal protein contributes to a high burden on the environment and therefore our chefs and menu planners develop varied, tasty plant-based alternatives that encourage guests to discover new foods.
- We vary raw materials to improve biodiversity and at the same time contribute to healthier meals and reduced climate footprint.
- Recipe with Future 50 ingredients: 50 underutilized plant-based ingredients that optimize nutrient density and reduce environmental impact.
- We collaborate and take advice from voluntary organizations such as the World Wildlife Fund (WWF). Eat Green Academy trains our chefs in plant-based cooking.
- In Sweden, we have a long-standing collaboration with Klimato, whose climate calculation tool helps both us and our guests to eat more climate-smart. By calculating the dishes and menus in the climate, we can make wise choices already in the kitchen. The climate impact of the dishes is clearly reported for the guests, who can also make conscious choices.
- In 2025, 100% of our consumers will be offered healthy meal options, at least 33% of our menu mix will be plant-based (today 25% of our menu options are plant-based).

Nutrition, health and well-being

- We donate food in collaboration with food banks and local organizations around the world, or with startups such as Phenix and Too Good to Go to sell or donate leftover food. In Sweden, we collaborate, for example, with "Sweden's city missions".

Prevention of food waste

- Sodexo is one of the founders of the International Food Waste Coalition and is part of the global SDG Champions 12.3, a coalition of leaders from governments, companies, international organizations and research institutions working towards the UN's sustainability goals.
- All year round in all our restaurants in Sweden, we weigh food waste that can occur in six different places in the chain from shopping to what guests throw away. We analyze and take action. With the help of suppliers, customers and restaurant guests, our goal is to reduce food waste by 50% by 2025.
- WasteLESS Week is an annual campaign where we put extra light on food waste. We raise awareness and educate employees, customers and consumers about how we can together reduce food waste.
- Some of our meal assignments in Sweden collaborate with the company Karma as part of their food waste work. Via Karma's easy-to-handle app, they can sell leftover food at a reduced price and thus save well-cooked and leftover food from ending up in the rubbish.

Real-life examples - Corporate restaurants

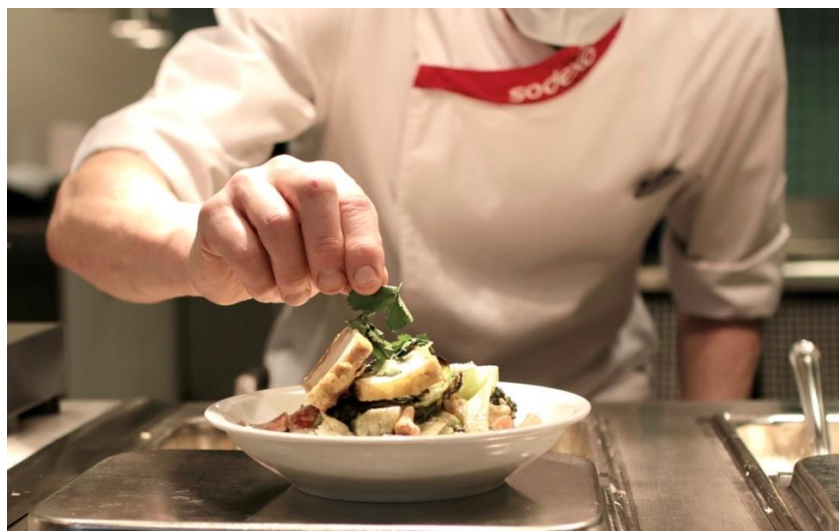
In the spring of 2021, we had a climate week together with one of our larger customers in Uppsala. The goal was to stay within the framework of WWF's One Planet Plate, which means that the meals must have a climate impact of a maximum of 0.5 kg CO₂e.

One year later, the average meal is 0.7 kg CO₂e, which is gratifying and significantly lower than in Swedish homes. There they are at 2.0 kg CO₂e.

Climate Week was an eye opener for both employees and guests. The restaurant already had a collaboration with Klimato, which has a climate calculation tool. Klimato helps chefs and menu planners to develop climate-smart dishes, but also helps guests make today's most climate-smart choices. Each dish has a symbol that indicates the dishes' climate impact.

Since October 2019, when Restaurang Björken began its collaboration with Klimato, food-related emissions have been halved.

"The more I become aware of the impact of food, the more difficult it becomes to serve things that I know are bad for both health and climate. We can not force people to make better choices, but as a meal supplier, it is our responsibility to ensure that it is easy to choose good food. We have the knowledge and tools ", says Oscar Jonasson, chef Sodexo at Restaurang Björken.



Small changes - big impact

Below are some examples of how to work to reduce the food's climate impact at Restaurant Björken:

- Set common climate goals with the customer
- Climate-calculated menus
- Report the food's climate impact to the guests
- Serve meat but be smart. A schnitzel on pork instead of veal reduces emissions from 4.3 to 0.7 kg CO₂e
- Vegan instead of vegetarian sometimes
- Avoid rice that has almost 30 times as high a climate impact as potatoes, pasta or bread
- Serve things that guests recognize, such as plant-based burgers, tacos or something fried
- Work with texture and taste. For example, change some of the salt to soy to get an umami taste.

Real-life examples - Public meals

Köket by Sodexo is our meal concept for schools.

The food is healthy and well cooked but should also arouse the guests' curiosity. Extra great emphasis has been placed on the vegetarian dishes. With taste and color, we want to entice guests to choose more green. The dishes are climate-labeled with a symbol and a number with the dish's carbon footprint. We want to make students aware of how their choices affect the environment. All dishes have the same label regardless of the age of the children. Individual customers have completely opted out of the labeling of the dishes for the younger children to avoid climate anxiety.

Of course, we work hard to reduce food waste, both what arises in the kitchen and out in the school restaurant.

The meal staff are trained in environmental issues and all assignments actively follow Sodexo's sustainability plan with concrete local examples. The plan is used in meal activities, but we also arrange activities to spread knowledge to children, school staff and parents.



Together we can be even better

We could cook and serve meals according to WWF's "One Planet Plate" as early as next week. But for that to become a reality, changes are required that we cannot decide over ourselves. There is more to do in schools, hospitals, nursing homes and corporate restaurants. For many guests, it will be about changing their food culture. How do you do it? It will not happen by itself and whoever stands up for a change will not be loved by everyone.

Despite the fact that climate problems have major consequences for our children and grandchildren, the transition is slow. It is even difficult to stop food waste. Not throwing away food should be relatively easy because we do not have to sacrifice anything to make a big contribution to the environment and climate.

We are ready for the development towards more climate-smart meals - are you?