

Waste Reduction

A guide for catering businesses in Glasgow



Contents

1. Composting food waste
2. Donating surplus food
3. Tips on waste reduction
 4. Tips on recycling
 5. Tips on reusing
6. Accreditation schemes
7. Beyond waste reduction
8. How we can help you

COMPOSTING FOOD WASTE

Compost Doctors Scotland (CDS)

The Compost Doctors Scotland (CDS) programme is intended to extend the Master Composter programme initiated last year from the domestic out into the public and commercial sectors. Compost Doctors engage and help organisations with significant food residues such as schools, colleges, hospitals, catering businesses and hotels to adopt on-site local composting programmes (e.g. wormery, in-vessel composting etc.)

Contact: Doug Boyle, 07780 610 873 doug@scottishorganicservices.com
www.compostdoctorsscotland.org.uk

For Householders: The Master Composter Programme

Master Composters are volunteers who help and advise householders begin composting at home, or help those already composting, get the best from their efforts. For more information on composting and the next training event,

Contact: Beth Duffy on 0141 3141450 Ext. 3062.
mastercomposter@thewisegroup.co.uk

The TEG Group

TEG Environmental Ltd take in all manner of compostable organic wastes. Their In-Vessel Composting has the capability to process green waste, kitchen and household waste collected by local authorities, waste from food, beverage and catering companies, abattoir and other animal processing waste, and waste from other industries such as agriculture, water and oil.

The TEG site at Glennfarg, just south of Perth, is easily accessible by road. In Scotland TEG are currently concentrating on working with existing waste collection operations. (In northern England TEG began a collection service of their own collecting wastes from smaller waste producers). They are already working in partnerships with organisations like William Tracy, and the Cyrenians.

Contact: The TEG Group plc, Westmarch House, 42 Eaton Avenue, Buckshaw Village, Chorley, Lancashire, PR7 7NA, Tel: 01772 644980, Fax: 01772 422165.
david.stowe@thetegggroup.plc.uk www.thetegggroup.plc.uk/home

Glasgow City Council's In-Vessel Composter

Glasgow City Council runs an In-vessel Composting site at their Fruit Market site. They operate Hot Rot units to process fruit and vegetable wastes from the markets along with waste cardboard and wood packaging. Other catering businesses may be permitted to use their services, please call for a quote. This is a *paid-for* service.

Contact: Gordon Robertson, City Markets Glasgow LLP, 0141 287 2500

Where to buy a compost bin and other equipment?

You can compost your food waste yourself, even if you do not have a garden!

Composter for your garden

You can buy a composter for your garden from www.recyclenow.com where Glaswegians get discounted rates. A compost bin costs approx. £8.

Contact: More info at Waste Aware Scotland Composting Helpline on 0845 600 0323
www.wasteawarescotland.org.uk/html/compost.asp

Composter for indoors use: Bokashi

Composting is possible even if you live in a flat, with no access to a garden! You can purchase a Bokashi system, i.e. an airtight container and a sachet of 'Bokashi', a bran-based material made with a culture of friendly micro-organisms that helps to ferment kitchen food waste – including cooked and uncooked food (i.e. meat, fish, bones, dairy products, bread, pasta, fruit scraps and vegetable peelings).

All you need to do is place your kitchen waste into the airtight container and sprinkle it with a handful of Bokashi every time you place something in the container. After two weeks the contents can be added to a compost bin or buried in the ground to finish the composting process.

Bokashi systems come in packs of two so that you can leave one to ferment whilst you fill the other. As they have air-tight lids, even the smelliest food scraps can be composted indoors, without smells. Cost: £25 for two units via Waste Aware Scotland.

Contact: Tel: 0845 077 0756 or: www.wasteawarescotland.org.uk/compost (click on Additional Bins) www.recyclenow.com/applications/dynamic/hc_specialist_bins.rm?id=12729&shopcode=WRD/220/C&scot=1

Composter for indoors use: wormeries

Worm composting, or vermi-composting, is the process of using earthworms to break down kitchen and garden waste, to create faster than normal composting. Wormeries can be used outdoors or indoors.

You **CAN** put the following in a wormery: fruit, veg, peelings, cores, tea leaves/bags, coffee grounds, cardboard, paper, pasta, cereals, bread, straw, hair.

Do **NOT** put in: citrus, onion, garlic, meat, animal manure, bones, oil/fat, vinegar.

A guide to wormeries is available at:
www.envocare.co.uk/wormeries.htm or www.greengardener.co.uk

Wormery bins (and worms) can be bought from:
www.wormery.co.uk or www.originalorganics.co.uk or www.wigglywiggles.co.uk
www.recyclenow.com/home_composting/buy_a_bin/scheme_authorities/glasgow_city.html

DONATING SURPLUS FOOD

The following soup kitchens would be interested in receiving donations of fruit and vegetables, e.g. edible or 'fit for purpose' fruit and veg which may be surplus and not in a saleable condition.

Although those soup kitchens cannot collect the food from your premises, they have delivery offices in the City Centre.

Glasgow Simon Community

Michelle Kirkwood, Manager, Delivery office is in the Gorbals. The soup kitchen is at 472 Ballater Street, G5 0QW, Tel: 0141 418 6980, Email: mail@glasgowsimon.com

The Shieling, Glasgow City Mission

*Ewan, Manager. 19 Elderpark Workspace, 100 Elderpark Street, Glasgow G51 3TR
Tel: 0141 221 2630 Email: info@glasgowcitymission.com*

Fare Share Scotland

FareShare provides a community food network, by providing surplus 'fit for purpose' product from the food and drink industry, to organisations working with disadvantaged people in the community.

The food must be 'fit for purpose', i.e. it must be reasonably fresh, it must not have come from a buffet and if packaged it must be within its sell-by date. For more information, contact Fare Share (see below)

More info at: www.fareshare.org.uk Tel. 020 7394 2468.

FareShare has three franchises in Scotland (none in Glasgow at present):

- *Aberdeen: Community Food Initiatives North East, 01224 596156, cfine@btconnect.com*
- *Dundee: Dundee Cyrenians, 01382 200040, fareshare.dundee@virgin.net*
- *Lothians: Edinburgh Cyrenians, 0131 554 3900, goodfood@cyrenians.org.uk*

TIPS ON WASTE REDUCTION

Refuse excessive packaging

If a product you regularly order is excessively packaged, contact your supplier and request that they reuse the packaging or limit the amount of packaging used (e.g. plastic boxes for daily deliveries of fruit and vegetables, etc.)

Bulk buying

Bulk buying enables you to limit the amount of packaging that you take home.

- Contact your suppliers to arrange bulk buying, e.g. 3663, Viking, Cafe Direct
- Local cooperatives such as 'Green City Wholefoods' also sell ethical, environmentally friendly products in bulk:
Contact: Tel: 0141 554 7633, www.greencity.co.uk
- Remember CREW volunteers can help you research suppliers.

Use refillable systems

Reuse milk bottles

Sign up to a milk delivery scheme whereby glass bottles get picked up and reused. The only Glasgow supplier we could identify is:

<i>Robert Wiseman Dairies Ltd</i> Contact: John Scott, 0141 646 52 03 (Glasgow depot)

Use re-fillable bottles for cleaning products

Re-fillable cleaning bottles are available from Ecover and Suma. Suppliers include: Green City Wholefoods, Grassroots, Roots and Fruit, Entrading etc.

Refill your computer cartridges

Five shops in Glasgow refill cartridges: Cartridge World and Smart Cartridge. Contact details at: www.sort-it.org.uk/results.asp?SubCatID=54&AuthID=15

Use sauce dispensers, sugar pourers and condiment sets

Reduce packaging by replacing individually packaged sachets with sauce dispensers, condiment sets and sugar pourers to be placed on tables. Suppliers include:

SAUCE DISPENSERS	SUGAR POURERS AND CONDIMENT SETS
<p><i>Russums: £0.85</i> http://www.russums-shop.co.uk/products-Sauce-Dispenser-24oz-Red_SR058R.htm</p>	<p><i>Alliance Online:</i> £2.02 (sugar pourer) £0.75 (condiment sets) http://www.allianceonline.co.uk/restaurant-accessories/condiment-sets.html</p>
<p><i>A La Cook: £1.35</i> http://www.alacook.co.uk/item--Squeezy-Sauce-Dispenser--KCSAUCEBOT.html</p>	<p><i>Global Food Service Equipment: £2.44</i> http://global-fse.co.uk/product.asp?p_part_code=TA562</p>
<p><i>Heritage Home and Gardens: £1.75 (2 pieces: brown sauce and tomato)</i> https://www.heritage-homeandgarden.co.uk/product_info.php?language=en&products_id=18451</p>	<p><i>Cooking Time: £2.75</i> http://www.cookingtime.co.uk/index.php?act=viewProd&productId=1247</p>
<p><i>Culliners: £1.81 (200ml)</i> http://www.culliners.co.uk/plastic-sauce-dispenser-7oz-200ml-p-469.html</p>	<p><i>Choiceful: £3.07</i> http://www.choiceful.com/disprod.php?pid=932&zanpid=1249784467816662017</p>
<p><i>Brakes Catering Equipment: £1.84</i> http://www.brakesce.co.uk/nvve34252070/Table-Service-&-Buffet/Sauce-Dispensers/Bottle/c-1-97-276-277/</p>	<p><i>Restaurant, Eatery and Tavern: Condiment sets from £1</i> http://www.ret247.co.uk/catsearch.php</p>
<p><i>Stevensons: £1.85 (199ml)</i> https://www.stephensons.com/product_info.php?products_id=85131</p>	

Use compostable cups, cutlery, boxes and napkins

Avoid disposable items whenever possible. Otherwise, choose compostable alternatives. That can also be useful for take-away boxes or 'doggy bags'.

Suppliers include:

- *Vegware:* www.vegware.co.uk Tel. 0845 643 0406. info@vegware.com (Edinburgh)
- *Compostable Packaging:* www.compostablepackaging.co.uk Tel. 07989704 545. info@compostablepackaging.co.uk
- *Biopac:* www.biopac.co.uk Tel. 01386 555777 info@biopac.co.uk

Reducing plastic bottles

Switch from plastic bottles to glass bottles

Like Hyndland Cafe, you can introduce a range of glass bottle drinks to move away from the use of plastic bottles. You may also install a water filter with still and carbonated water.

Sign up to the Tap Into Water Aid initiative

Sign up to the Tap Into Water Aid initiative which involves suggesting to those customers who order tap water that they donate a few pence towards WaterAid's work, to help provide clean, safe water to people in the developing world. A recent survey by WaterAid shows that 63% of customers prefer tap water, but that one in four feels pressured to order water bottles when they dine out.

Contact: Corporate Fundraising Team on www.wateraid.org Tel. 0207 793 4949
tapintowateraid@wateraid.org

Installing a hand dryer in the WC

Hand dryers reduce paper usage and have a lower carbon footprint overall. Suppliers include: Dyson Airblade.

Stopping unwanted mail

Register with the Mailing/Fax Preference Service: Reduce junk mail by 1/3 !

Contact: www.mpsonline.org.uk and www.fpsonline.org.uk
Tel. 0845 703 4599 (mailing) and 0845 070 0702 (fax)

! Programs such as eFax free and Faxtastic allow you to receive faxes via your PC

Opt out of the Royal Mail Door-to-Door Delivery Service

This service is used by organisations to send unaddressed mail outs and leaflets.

You can write to the Royal Mail to get your name removed from their distribution list.

Contact: Freepost RRBT-ZBXB-TTTS, Royal Mail Door to Door Opt Outs Kingsmead House, Oxpens Road, Oxford, OX1 1RX, Tel. 08457 950950, optout@royalmail.com

Register previous tenants

Contact: www.junkmailforwarding.com or Tel. 08701 994 993

Tips on reducing paper usage in the office

- Set your printer to default double-sided printing
- When you use your copier you can use 'the two on a page' facility
- Register for online billing with your suppliers
- Set up and promote electronic filing systems
- Buy recycled paper (See Green Stationery)

TIPS ON RECYCLING

Recycling with Glasgow City Council

Glass Collection for Businesses

Subject to availability, a recycling service for collection of mixed glass is offered to Commercial Premises who have a Commercial Waste Contract with Glasgow City Council. **Contact:** 0141 287 9700

Paper Collection for Businesses

Glasgow City Council offers a city centre commercial paper recycling service. This service is currently full to capacity however if you wish to add your company to the reserve list: **Contact:** 0141 287 9700

Aluminium, Paper, Plastic Bottles and Other Items

Search for your nearest Recycling Point and/or Civic Amenity Site at www.sort-it.org.uk

There are four Civic Amenity Sites in Glasgow:

- *Dawsholm Recycling Centre, 75 Dalsholm Rd, Glasgow, G20 0TB*
- *Easter Queenslie Recycling Centre, 90 Easter Queenslie Rd, Glasgow, G33 4UL*
- *Polmadie Disposal Complex, 425 Polmadie Rd, Glasgow, G42 0PJ*
- *Shieldhall Disposal Complex, 200 Bogmoor Rd, Glasgow, G51 4SN*

Contact Glasgow City Council's Recycling Officers on: 0141 287 2063 for more info.

The Civic Amenity Sites take the following items:

	Dawsholm Recycling Centre	Easter Queenslie Recycling Centre	Polmadie Disposal Complex	Shieldhall Disposal Complex
Books				✓
Cardboard	✓	✓		✓
Car Batteries and Engine Oil	✓	✓	✓	✓
Drink Cans & Food Tins	✓	✓	✓	✓
Glass	✓	✓	✓	✓
Paper	✓	✓	✓	✓
Plastic Bottles	✓	✓	✓	✓
Textiles	✓	✓	✓	✓
Electrical Items	✓	✓		✓

	Dawsholm Recycling Centre	Easter Queenslie Recycling Centre	Polmadie Disposal Complex	Shieldhall Disposal Complex
Garden Waste	✓	✓	✓	✓
Rubble	✓	✓	✓	✓
Scrap Metal	✓	✓	✓	✓
Wood	✓	✓		✓
Yellow Pages	✓	✓	✓	✓

Recycling with The Reclaimer

The Reclaimer is a not-for-profit, social enterprise providing a recycling and collection service to homes and businesses across Glasgow for a small annual fee.

Items collected include all types of paper, card, cardboard, cartons, tetra-paks, glass bottles and jars, food and drink cans, clothing and textiles, mixed hard plastic (e.g. tubs, yoghurt pots, plastic lids, CD's cases – i.e. recycling symbols 3, 5 and 6), polythene (recycling symbols 2 and 4) and plastic wrappings.

Contact: Andrew Pidgeon, 154 Wilton Street, Glasgow G20 6BS. Tel. 0141 945 0700 or 07774 938 478 info@thereclaimer.co.uk www.thereclaimer.co.uk

Similar services are provided by private businesses such as *Shanks* or *William Tracey*.

Other recycling organisations

Polyprint Mailing Films for Polythene

Polyprint Mailing Films recycle high density (HDPE) and low density (LDPE) polythene (shown www.alupro.org.uk/word%20docs/cashforcans/SouthScotland.htm by a No.2 or No.4 and the recycling symbol) on behalf of the general public. The service is free although you will need to pay for postage.

Contact: Mackintosh Road, Rackheath Industrial Estate, Rackheath, Norwich, NR13 6LJ. Tel. 01603 721807 www.polyprint.co.uk/recycling.html recycling@polyprint.co.uk

Smurfit for cardboard

Smurfit Kappa Recycling offer a range of recycling services, from providing site paper banks for Local Authorities, to collections of paper and cardboard waste from commercial organisations. They also accept local residents' deliveries but call at reception first.

Contact: 37/49 Vermont Street, Glasgow, G41 1LT. Tel. 0141 4295426. recycling.uk@smurfitkappa.co.uk www.smurfitkappa-recycling.com

Raise money with aluminium cans

You can give your aluminium cans and/or foil to local 'cash for cans' centres, i.e. centres that will literally pay you cash for aluminium cans; or donate your valuable aluminium cans and foil to a charity or community organisations.

Contact: *The Aluminium Packaging Recycling Organisation, Tel. 01527 597757.*
info@alupro.org.uk www.alupro.org.uk

Plastic bags

Some supermarkets have in-store recycling facilities for plastic bags. Log on to <http://www.sort-it.org.uk/cap.asp?AuthID=15&CatID=24> to search for facilities in your area.

Ink cartridges

Recycle your old ink cartridges by returning them to the supplier when possible or by donating them to: www.greenagenda.com that make donations to environmental charities. Grassroots and a number of Glasgow charities also have collection points for cartridges.

Batteries

- Contact suppliers and manufacturers to enquire about take-back schemes. A full list of manufacturers can be found on REBAT website: www.rebat.com/collectionwebpage.htm
Tel. 0800 7833 516
- Some retailers have in-store battery collection points (e.g. PC World and Ikea).
- The best thing, however, is to use rechargeable batteries and a battery charger. Suppliers include: Entrading on Bath Street.

More on recycling?

Look up the Friends of the Earth Glasgow's Too Good To Waste guide:
<http://too-good-to-waste.typepad.co.uk>

TIPS ON REUSING

'Dear Green Place'

A complete guide to re-use facilities and eco shopping in Glasgow can be found in Dear Green Place's Green Map, an interactive map compiled by volunteers, which features over 100 community enterprises and charity shops that accept donations and sell a wide range of reusable goods including: clothing, furniture, electricals, carpet and wood. *More information at:* <http://dev.deargreenplace.org/greenmap>

Freecycle and Free Share

Glasgow Freecycle and Glasgow Free Share are for all who want to recycle stuff rather than throw it away. *Sign up at:* <http://groups.yahoo.com/group/glasgowfreecycle/> or <http://groups.yahoo.com/group/glasgow-freeshare/>

Computers and IT equipment

Your unwanted computers can be donated to City IT Recycling which will refurbish the computers and distribute them to people in need amongst the community.

Contact: 57 Chapel Street, Glasgow, G20 9BD, Tel. 0141 404 6395. info@cityitservices.co.uk www.cityitservices.co.uk/index2.htm

You can also give your IT equipment to Computer Aid,

Contact: Tel. 0208 361 5540 www.computeraid.org deirdre@computeraid.org

Be aware there is an illegal trade market in export of IT equipment for 'reuse' (i.e. dumping equipment in the developing world). Check the Environment Agency's list of approved exporters. Do not use anyone not registered. If in doubt use an organisation which donates within the UK. For more info, see:

www.theecologist.org/pages/archive_detail.asp?content_id=2498 or contact Dr Keith Baker, UK Displays and Lighting KTN taliesin@gmail.com

Furniture and Kitchenware

Take your unwanted furniture and kitchenware to charitable organisations (Emmaus, British Heart Foundation, Barnado's, the Salvation Army) or Glasgow community-based projects. These include:

- *Second Opportunities (uplift is free of charge), 302 Broomloan Road, Govan, Glasgow, G51 2JQ. Tel. 0141 425 1177. www.secondopportunities.org.uk*
- *Ruchill Furniture Project, 89 Chapel Street, G20 9BD. Tel. 0141 945 2746. www.morethanfurniture.org.uk ruchfurn@yahoo.co.uk*
- *The Starter Packs Association, 41 Burleigh Street, Glasgow, G51 3LA. Tel. 0141 4401008. administrator@starterpacks.org.uk*

Paints and decorating materials

The Community Re-paint Initiative operates in several areas. They will take leftover paints and will usually accept large quantities of surplus paints from decorators.

Contact: info@repaintscotland.com Tel. 0141 440 1556. www.communityrepaint.org.uk

GREEN OFFICE STATIONERY

Green office stationery, including recycled paper, is available at:

- <http://greenearthofficesupply.stores.yahoo.net/>
- www.thegreenoffice.com/index.php
- www.naturalcollection.com
- Staples

A complete list of shops providing recycled goods can be found on the WRAP (Waste Resources and Action Programme) 'Sort It' website:

<http://www.sort-it.org.uk/results.asp?AuthID=15&SubCatID=66>

ACCREDITATION SCHEMES

The Acorn Trust

Environmental Management Systems approach using British Standard BS8555. Project Acorn is a UK based nation-wide project to help Small to Medium-size Enterprises, run by the Institute of Environmental Management and Assessment.

Contact: Tel. 01522 540069 www.iema.net/index.php

Envirowise

Free governmental programme dedicated to helping companies become more competitive and more profitable by reducing waste at source.

Contact: Tel. 0800 585 794 www.envirowise.gov.uk

VIBES Awards

Public and private partnership to recognise good environmental practices. You can take part in a competition to win an award!

Contact: Vision in Business for the Environment, Tel. 01896 754797
info@vibes.org.uk www.vibes.org.uk/contact.htm

BEYOND WASTE REDUCTION

1. Install energy-saving light bulbs

2. Switch to a green energy supplier

See list of green tariffs and suppliers below.

3. Insulate your building, stop energy waste and save money in the long term

Free support and advice can be obtained from:

- Carbon Trust: www.carbontrust.co.uk/default.ct Tel. 0800 085 2005
- Energy Saving Trust: www.energysavingtrust.org.uk Tel. 0800 512 012
- Energy Action Scotland: www.eas.org.uk Tel. 0141 226 3064
- National Insulation Association: www.nationalinsulationassociation.org.uk Tel. 08451 63 63 63

4. Use eco-friendly cleaning products such as Ecover

5. Check the environmental record of your suppliers at: www.ethicalconsumer.org

RENEWABLE ENERGY SUPPLIERS – ethical comparison table

RENEWABLE ENERGY SUPPLIERS BRAND NAME	ENVIRONMENT	ANIMALS	PEOPLE	OTHER	Score	Company group
100% RENEWABLE ELECTRICITY	●	●	●	●	100	Good Energy Group
DEEP GREEN ENERGY	●	○	●	●	95	Green Energy UK
ECO ENERGY	○	●	●	●	79	NIE (Viridian Group /Arcapita)
GO GREEN	●	○	●	●	47	E.ON
GREEN ENERGY H2O	●	●	●	○	47	ScottishPower
GREEN TARIFF	●	●	○	●	47	EDF
JUICE	●	●	●	●	53	Npower (RWE)
NEW ENERGY PLUS	●	○	●	●	89	Ecotricity Group
RSPB ENERGY	●	○	●	●	68	Southern Electric (Scottish and Southern Energy)

Key	ENVIRONMENT	ANIMALS	PEOPLE	OTHER
● Top rating	ENVIRONMENTAL REPORT	NUCLEAR POWER	POLLUTION	ANIMAL WELFARE
○ Middle rating	ENERGY MIX	ARMAMENTS	POLITICAL DONATIONS	BOYCOTT
● Bottom rating			OTHER CRITICISMS	ETHICAL ACCREDITATION

Source: www.ethical-company-organisation.org – 2009

HOW WE CAN HELP YOU

'CREW' (Communities Reducing Excessive Waste) is a nation-wide waste reduction project run by Friends of the Earth Scotland. www.foe-scotland.org.uk/campaigns/crew

Our Glasgow-based volunteers can help catering businesses reduce their waste by providing the following free services:

- A waste audit / site visit from which an action plan will be devised
- Research into suppliers and the practices that would most benefit your business
- Workshops to engage staff
- Recognition of your efforts through letters / certificates

For more information about any of the above, contact your Glasgow waste prevention champion: *Cindy Courtillier*, Tel. 07787 197 103. cindy_courtillier@yahoo.co.uk

A free CREW workplace waste prevention champion workshop will be held in the autumn. To book a place, email *Sam Adderley* at: sadderley@mail.foe-scotland.org.uk