



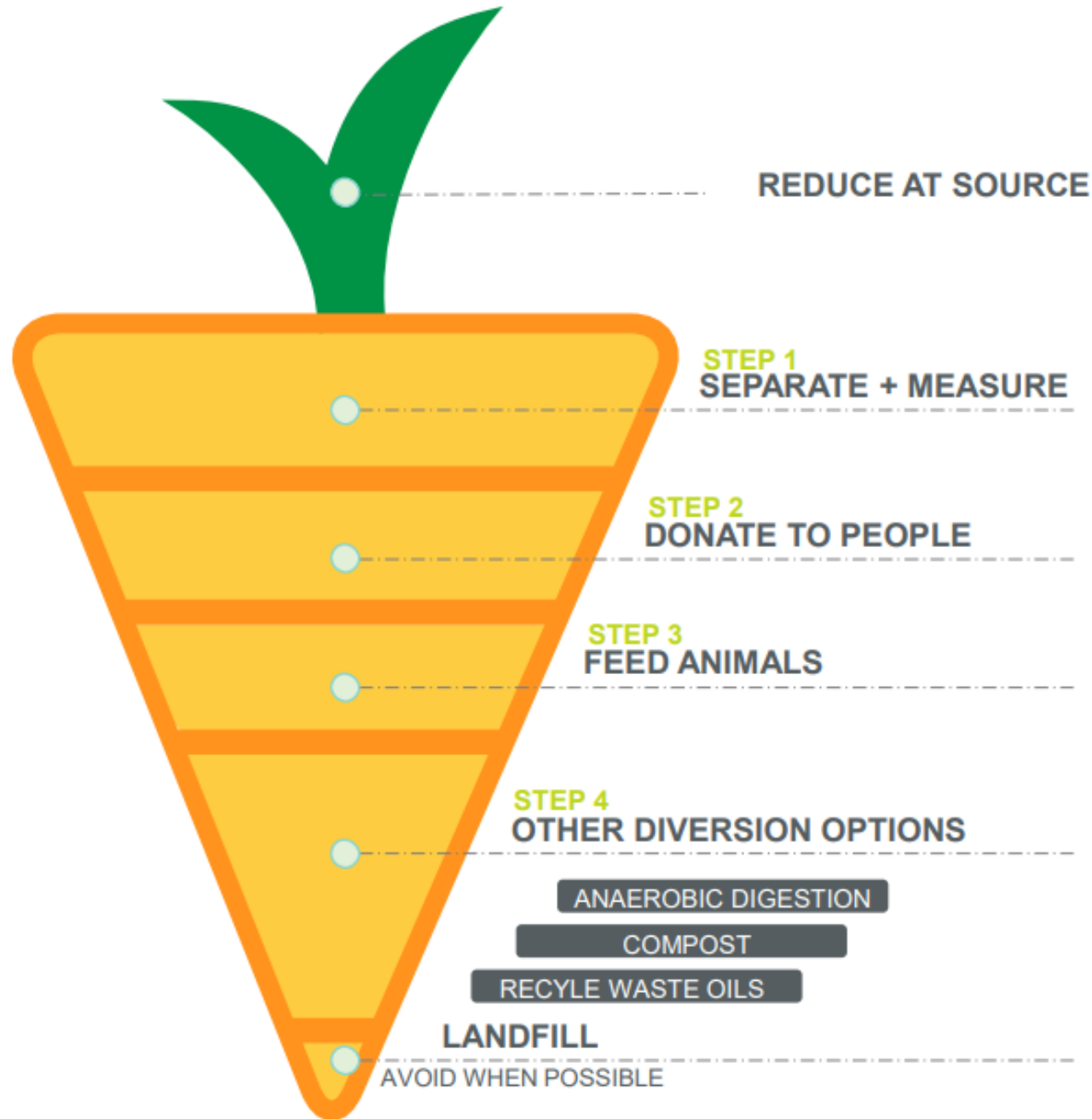
FIGHT FOOD WASTE PREVENTION IN THE KITCHEN

HOTEL | KITCHEN

**Strategies to prevent
food waste before
service to guests**

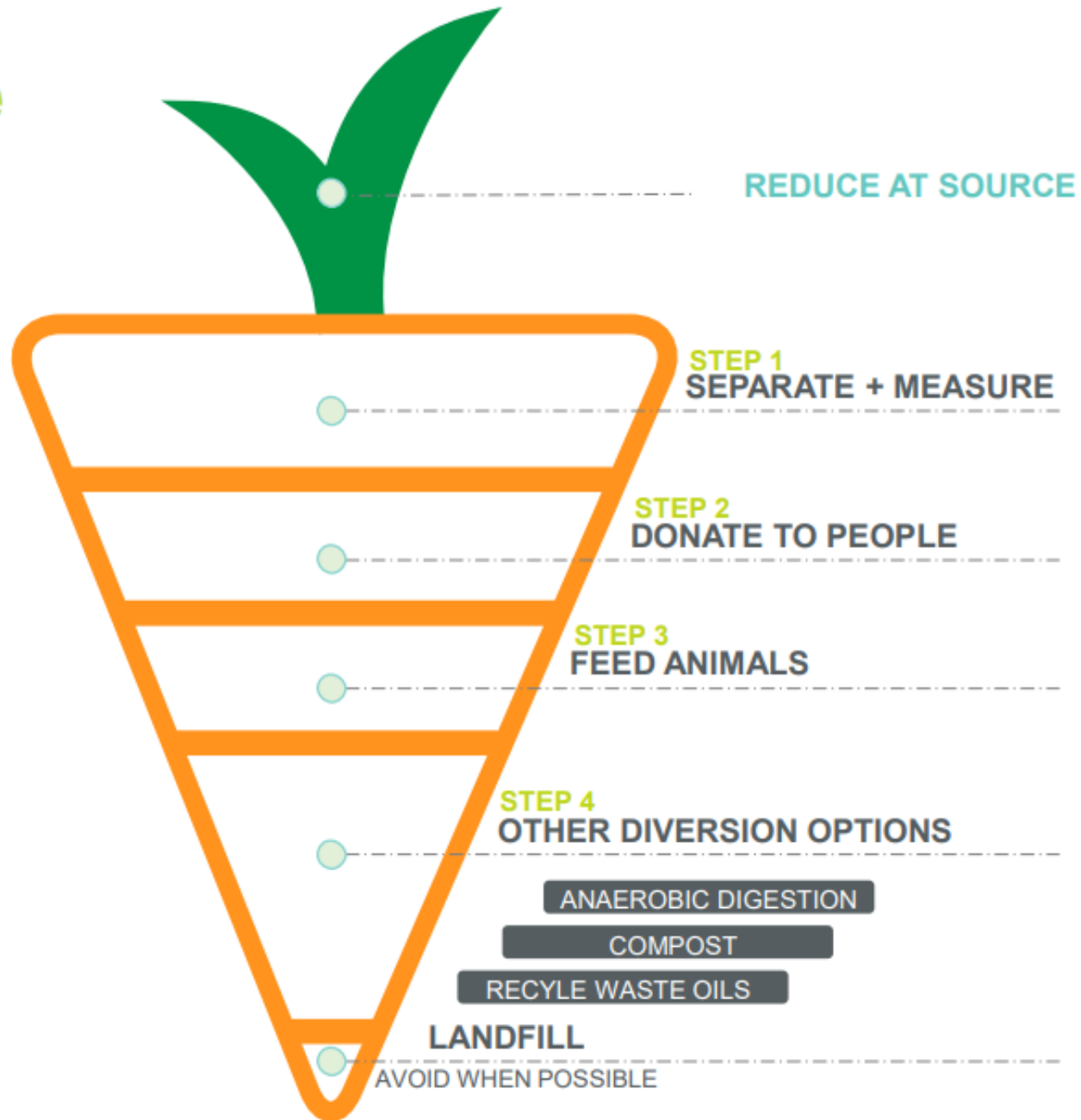
MI Food Waste Hierarchy

Take the right steps to get the *most value* out of food waste



*poster available in 15 languages

Reduce at the Source



Reduce at the Source

- Source reduction is the backbone of any kitchen's food waste reduction strategy.
- Reducing the volume of surplus food sourced, produced, and consumed is a continuous process and the most effective way to prevent the generation of food waste.
- It is essential to strategically match food production with demand and have procedures in place to recognize when purchasing is out of balance.
- Creatively repurposing ingredients across multiple F+B outlets reduces food waste and adds to the guest experience



Smaller buffet portions at the JW Marriott Hotel Bangkok

Reduce at the Source



Check out the links below or visit [no Taste for Waste](#) for food leftover recipes and ideas [here](#)

Reduce at the Source

Banana peel recipes

Check out these very unusual recipes to utilize banana skins - they also make a great story you can tell

- Banana peel Bacon
- Banana peel Chutney
- Banana peel Stir-fry
- Banana peel Pulled pork sandwich

<https://itdoesnttastelikechicken.com/banana-peel-bacon/>

<https://www.woolworths.com.au/shop/recipes/indian-banana-skin-chutney>

<https://www.onegreenplanet.org/vegan-recipe/banana-peel-stir-fry-vegan/>

<https://thestingyvegan.com/banana-peel-vegan-pulled-pork-sandwich/>



Reduce at the Source

Watermelon Skin

An average 500 room hotel uses around 100 KG of watermelon per day = 3,6 Tons of melon a year, out of these 15% is skin = **5475 kg watermelon skin/per hotel.**

These can be used and turned into great nutritious food, here are 3 easy examples:

- **Pickled watermelon skin**
Great for cold starters, appetizer, bar snacks, hot meals, buffets or cheese boards.
- **Tarbooz ke chilke ki sabji – Rajasthani Watermelon rind curry**
Believe it or not this tastes sensational and is great for vegetarian, vegans and healthy guest
- **Watermelon Candy** – Use it on a buffet, pastry counter or welcome amenity in the room. Here

<https://www.cditchen.com/recipes/recs/819/Watermelon-Rind-Candy108617.shtml>

<https://www.foodfitnessbeautyandmore.com/watermelon-rind-curry/>

<https://www.abelandcole.co.uk/recipes/pickled-watermelon-rinds>

<http://notasteforwaste.org/recipes/watermelon-rind-pickles/>



You are a Food Waste Warrior

Thank you for fighting food waste with us.
Saving food on your property saves water, energy and wildlife.

This booklet covers strategies to prevent food waste before meal service in planning, storage and preparation phases. Consider this resource a companion to the Lobster Ink video training module ***Fighting Food Waste in Hotels: 6 Steps to Prevent Pre-Service Food Waste.***

Lobster Ink video training modules can be accessed at **HotelKitchen.org/Training**.





Action:

Include food waste reduction and food recovery strategy in catering sales and contract discussions.



Action:

Develop sustainability driven menus that minimize total number of ingredients used and maximize use of each ingredient.

Action:

Check inventory before ordering to minimize the possibility of spoilage. Donate any items that will not be used on-site.





Action:

Work with suppliers that have a stated commitment to reduce food waste and source “seconds” or “ugly” produce.

Action:

Follow food storage best practices including temperature control and use of the FIFO system. Use a standard labeling system for prepared foods to maximize reuse or recovery potential.





Action:

Check accurate headcounts before prepping ingredients or firing meals. Fire items *a la minute*, if possible.



Action:

Always use the correct, high quality equipment and measuring tools. Ensure all portions are appropriate and standard.



Action:

Employ waste reducing buffet strategies found on [HotelKitchen.org](https://www.hotelkitchen.org).



Action:

Check food waste bins at meal breakdown stations, report items and ingredients that regularly go uneaten to the chef.



Action:

Share experiences and obstacles to effectively preventing food waste to find opportunities for improvement.

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