



the seasoned spoon

Champlain College, Trent University
Peterborough, Ontario

Seasoned Spoon Sourcing Policy

First Adopted: April 13th, 2006

Revised: December 18th, 2014

1 Preamble

Underlying goals of a sustainable food system are to:

- 1-Promote Ecological Sustainability
- 2-Build Strong Local Community
- 3-Foster personal wellbeing through healthy and accessible food

The sourcing principles that can achieve these goals are:

- 1-Proximity: The consumption of food as close to the point and condition of production as possible.
- 2-Diversity: Diversity means ensuring the maximum variety of crops on the farm, skills in the community, and genetic material in the ecosystem.
- 3-Balance: Balance, which implies equity, is a prerequisite to sustainability. Ecologically, balance in a food system may be achieved through organic agriculture and complex crop rotation, which ensures that farming can be pursued on long term basis that works in tandem with natural systems. Socially, balance implies equity between those that grow food and those that consume it.

The policies set out below are a set of guidelines whose purpose is to express the basic values of the Seasoned Spoon Café in a clear and systematic way. These guidelines are meant to provide flexibility to members of the Board of Directors, the staff, and particularly the General Manager and Head Cook in the running of Seasoned Spoon, while upholding the basic principles upon which the Seasoned Spoon was founded. This policy will establish a basis for sourcing *procedures* adopted by the Seasoned Spoon.

2 Sourcing Priorities

The Spoon will prioritize sourcing food from producers and processors using the following ranking. Please see section 3.4 for further criteria for meat.

- 1st: Local (within the foodshed), from ecological small to medium scale farms and producers
- 2nd: Local, non-organic
- 3rd: Regional (Ontario), organic, small-scale
- 4th: Regional, non-organic
- 5th: Non-local, organic
- 6th: Non-local, non-organic

The aforementioned terms will be defined as follows:

Local: Within 100 km of the City of Peterborough.

Foodshed: “A local food system that supports local food self-sufficiency, from production to consumption; based on a cooperative food production system to ensure markets for farmers. (The Foodshed Project, n.d.)

Ecological (agriculture): Ecological farming involves a **diversity of crops, animals and methods**. Management techniques include cover crops, green manures, composting, mulching, crop rotation, no till cropping, use of animal waste to maintain fertility, permaculture, sustainable wildcrafting (so population isn't negatively impacted by harvesting), heritage animal breeds, and heirloom plant varieties. There is a focus on minimizing the use of non-renewable energy and external inputs (fossil fuels, etc.)

3 Sourcing issues

The following section outlines ways to address sourcing issues that pertain to the food itself, the Seasoned Spoon as an organization and within the broader context of the food system.

3.1 Proximity, local foods

The Spoon shall:

- Prioritize sourcing food directly from local producers and regional processors
- Centre its menu around locally sourced products, while continuing to buy foods from elsewhere when necessary in order to make a variety of foods available
- Prioritize sourcing foods regionally when no local option exists
- When sourcing regionally, prioritize based on proximity
- Work to increase the local food options available at the Spoon through recipe development and the promotion of local products

3.2 Ecologically Sustainable

The Spoon shall:

- Prioritize buying foods that are grown using organic methods
- Not require proof of official certification in cases where it is known that organic methods are being used
- Not knowingly buy foods that are genetically engineered

3.3 Labour and Fair-Trade

The Spoon shall:

- Source from producers whose labour practices are in line with national and provincial standards.
- When local/regional products or suitable alternatives are not available that are deemed essential to the Spoon's sourcing, the Spoon will source fair-trade certified products by TransFair Canada (who is a member of the Fairtrade Labelling Organizations International).
- Pay local farmers a fair price for foods regardless of market prices.
- Abide by Trent's Fair Trade Policy, which was adopted in 2008, for more information visit www.trentu.ca/sustainabilityoffice/partners.php

3.4 Meat, eggs and dairy

The Spoon shall:

- Serve meat and eggs that is free-range, local, organic and ethically slaughtered.
- Always offer a vegan option, and give staff members the choice of not cooking meat
- Have the amount and type of meat being served at the Spoon be reflective of what foods are available locally.

4 Food-related Sourcing Issues

4.1 Packaging and processing

The Spoon shall:

- Prioritize buying foods with no or little packaging and processing
- Prioritize buying in bulk when this reduces packaging
- Prioritize buying and using packaging that is reusable, biodegradable or recyclable

4.2 Supporting organizations/businesses with similar mandates

The Spoon shall:

- Support organizations with similar social and environmental commitments and mandates by prioritizing sourcing from independent, local, community and/or co-operative businesses

4.3 Considering cost

The Spoon shall:

- Consider the cost of sourced foods in reference to the principles outlined in this policy, and with regard to sound financial management and viability of the Spoon.
- Consider accessibility of pricing to café patrons when sourcing costly items
- The Spoon aims for a Cost of Goods Sold between 33%-36% which is higher than the industry standard, to reflect the added expense of sourcing ingredients in line with our other sourcing principles.

4.4 Appliances, equipment, small wares and cleaning products

The Spoon shall:

- Prioritize sourcing appliances and other equipment from domestic companies that have fair labour standards.
- The Spoon will source second-hand items when appropriate, and when they meet with health regulations.
- Source biodegradable, non-toxic, phosphate-free, cruelty-free and locally sourced cleaning products if they are in accordance with the Ontario Health Protection and Promotion Act.

5 Renewal

The Board of Directors, in consultation with the General Manager and the Head Cook, shall:

- Review and renew this policy no later than five years from the date of approval of this policy and following subsequent revisions.

6 Closing Comments

It is critical to realize that policy is meaningless if it is not substantively applied to the Spoon's practical operations. More than anything, this requires the commitment of the General Manager to continually strive to bring our sourcing closer to the principles of a sustainable food system. A effective sourcing policy will also require substantial research on current and potential sourcing, as well as the development of initiatives that will facilitate long-term sourcing goals (storage facilities, community food processing). A pre-requisite for all of the above is an active dialogue on sourcing between the General Manager, staff, the board and the general Seasoned Spoon membership. As a seed is mere potential until it is planted into the rich earth and nurtured into maturity, so is this policy mere potential until it is placed within the fertile ground of the Spoon's daily practice.

Reference

Foodshed Project. No date. What is a Foodshed?. www.foodshedproject.ca/pdf/What%20is%20a%20foodshed.ppt. Accessed: 03/12/14