



*Food Made Good Standard*  
**Report**  
**2024**

Prepared for

Cardiff Metropolitan  
University

Published on  
02/09/2024

Valid until  
02/09/2026

Certified



The Sustainable Restaurant Association is delighted to confirm that

Cardiff Metropolitan University

has achieved

**3 STARS** on the

**FOOD MADE GOOD STANDARD**

**2<sup>nd</sup> September 2024**

A handwritten signature in black ink, appearing to read 'Juliane Caillouette Noble'.

**Juliane Caillouette Noble**

Managing Director

The Sustainable Restaurant Association

For more information about the Food Made Good Standard, visit [www.thesra.org](http://www.thesra.org)



Your Food Made Good Standard

88%

Awarded to

Cardiff Metropolitan University



**Congratulations on achieving 3 stars in the Food Made Good Standard.**

Congratulations on obtaining a three star score on your Food Made Good evaluation. This result is a testament to the great work you're doing across your business for people and the planet, and something you should be very proud of. We hope that your score and report will also serve as an encouragement to keep working to make a positive impact. Throughout your report, we have highlighted actions you can take to go even further on your sustainability journey. Cardiff Metropolitan University has done exceptionally well on the Society and Environment pillars. Particular standouts were your work to improve the health impact of your menus, and your efforts to create a diverse, inclusive and welcoming workplace. To go further, we recommend focussing on your sourcing, particularly on the More Plants and Better Meat and Source Seafood Sustainably sections.

**SOURCING**  
PILLAR SCORE  
**75%**

**SOCIETY**  
PILLAR SCORE  
**98%**

**ENVIRONMENT**  
PILLAR SCORE  
**95%**

Proudly issued by



*Raymond Blanc OBE*  
**Raymond Blanc OBE**  
President

*Juliane Cailouette Noble*  
**Juliane Cailouette Noble**  
Managing Director

# SOURCING

## Key takeaways

PILLAR SCORE

# 75%

At Cardiff Metropolitan University it is clear steps are being taken to source sustainable ingredients and to work with suppliers that share your values. While you scored well throughout this section, particularly regarding Support Farmers and Fishers, this was your lowest scoring pillar in the assessment. To go further, focus on serving more plants and better meat and improving the sustainability of your seafood offering. Ways to do this include increasing the amount of your vegetables, fruits, and grains/pulses that are organic or biodynamic certified and buying more meat and farmed seafood that is raised to the highest environmental and welfare standards.

## Impact Areas



### Celebrate Provenance

# 82%

Focusing on where your ingredients come from and how you work with your suppliers and your supply chain.



### Support Farmers and Fishers

# 82%

Looking at your terms of trade and how you support farmers, fishers and their communities.



### More Plants, Better Meat

# 65%

Looking at your efforts to promote the consumption of diverse plant-based foods and higher welfare animal products.



### Source Seafood Sustainably

# 71%

Ensuring that the seafood you source is caught or farmed in manner that protects marine and freshwater ecosystems and seafood stocks.

## How to improve your impact...

You can see all your recommended actions in your online dashboard. Log in to [standard.foodmadegood.org](https://www.standard.foodmadegood.org) for more information.



# SOURCING

## Action Plan

### Celebrate Provenance

- Update your supplier agreements, code of conduct or procurement policy to include deforestation, sustainable agricultural practices, biodiversity, water stress, land use change, soil health, sustainable manufacturing practices
- Establish traceability for your top five ingredients as far up the supply chain as you can, starting with the region in the country your food is coming from, but ideally to the level of producer organisation and even to the farm or fishery level, where possible.

### Support Farmers and Fishers

- Source ingredients from a wider variety of supplier types, including small-scale suppliers, cooperatives, businesses in disadvantaged communities or organisations that are female or minority-owned/run
- Communicate about your work to support farmers and fishers to your diners and the wider public by taking steps such as indicating ingredients with a third-party sustainability certification that supports farmers and fishers on your menu, training your front-of-house staff to communicate about your work to support farmers and fishers to diners, and providing information about your work and commitments to support farmers and fishers on your menus, on-site, on your website and/or social media channels
- Contribute to the wider discussion around supporting farmers and fishers with diners, the hospitality industry, and in local, national, or international forums

### More Plants, Better Meat

- Work to increase the amount of the vegetables, fruits, and grains and/or pulses that you buy that are grown to high environmental standards such as organic or biodynamic certification
- Take further steps to serve better plant-based ingredients such as diversifying the types of plants and plant-based ingredients you use, using unconventional parts of plants in your dishes, and serving plant-based ingredients that are grown using traditional or low-environmental impact agricultural methods
- Track what percentage of your standard menu options are vegan, vegetarian, or plant-based and what percentage of your sales these options make up. Use this data to set targets to increase the percentage of your sales that are made up of vegan, vegetarian, and plant-based options

### Source Seafood Sustainably

- Take steps to ensure that the farmed seafood you serve is sustainable, such as only purchasing seafood that is certified to a sustainable fishing standard, developing environmental specifications for the farmed seafood you buy, or purchasing seafood based on spawning/ecological seasonality
- Take further steps to ensure the wild seafood you buy is sustainable, including only buying seafood that is certified or has been caught according to strict environmental criteria and prioritising purchasing seafood based on spawning/ecological seasonality



# SOCIETY

## Key takeaways

PILLAR SCORE

# 98%

Cardiff Metropolitan University scored extremely highly in the Society pillar, particularly in the Feed People Well and Treat Staff Fairly impact areas. We were impressed by your extensive work to promote healthier diets, from collaborations with businesses & NGOs, to innovations to cut salt and sugar, such as reducing salt by 20% in homemade dishes by using fresh herbs as the alternative flavour. Other highlights were initiatives to improve diversity and staff wellbeing, including networking groups and mental health provision. To progress in this pillar, you could take further action to Support the Community by buying services and ingredients from a wider variety of supplier types, from cooperatives to organisations that are female or minority-owned or run.

## Impact Areas



**Treat Staff Fairly**

# 99%

Ensuring good working conditions, promoting staff wellbeing and creating inclusive workplaces.



**Feed People Well**

# 100%

Promoting healthy eating and responsible drinking.



**Support The Community**

# 95%

Looking at the ways you work to create a flourishing local community, from donations and skill sharing to volunteering.

## How to improve your impact...

You can see all your recommended actions in your online dashboard. Log in to [standard.foodmadegood.org](https://www.standard.foodmadegood.org) for more information.



# SOCIETY

## Action Plan



### Treat Staff Fairly

- Offer staff work placement programmes in other companies
- Provide access to free or subsidised childcare
- Put a policy in place about not drinking on shift
- Train your front-of-house staff to provide information to your diners about your work to improve working conditions and staff wellbeing, and to create a diverse and inclusive workplace



### Feed People Well

- Do not offer salt or high-sodium sauces on the table
- Increase your use of fermented ingredients (such as kimchi, kombucha, kefir and sourdough)



### Support The Community

- Monitor the number of hours per year that staff members volunteer and use this data to set targets around staff volunteering
- Source ingredients from a wider variety of suppliers, such as cooperatives, businesses in disadvantaged communities or organisations that are female or minority-owned/run
- Monitor the financial value of the monetary and in-kind donations you make and use this data to set targets around donations



# ENVIRONMENT

PILLAR SCORE

# 95%

## Key takeaways

Cardiff Metropolitan University makes a great effort to manage its environmental impact, from your extensive Carbon Management plan to your efforts to tackle your non-food waste through donations of reusable items, including to local schools, charities and initiatives such as Warp It. To improve in this pillar, Cardiff Metropolitan University would benefit from training staff in energy management and practical applications in the kitchen and bar.

## Impact Areas



**Reduce Your Footprint**

# 95%

Encouraging you to reduce your environmental footprint - from greenhouse gas emissions to energy use, water use and pollution - and so minimise damage to the environment and to human health.



**Waste No Food**

# 96%

Focusing on what you're doing to fight food waste, through reducing, reusing, redistributing and recycling.



**Reduce, Reuse, Recycle**

# 95%

Looking at what you're doing to reduce, reuse and recycle non-organic waste.

## How to improve your impact...

You can see all your recommended actions in your online dashboard. Log in to [standard.foodmadegood.org](https://standard.foodmadegood.org) for more information.





# ENVIRONMENT

## Action Plan

### Reduce Your Footprint

- Take actions to support efforts to remove carbon and protect carbon sinks, such as promoting carbon removal practices in your supply chains, financing projects to remove carbon or protect carbon sinks and enabling diners to contribute to financing these projects
- Train staff in energy management and practical applications in the kitchen /bar
- Take action to help conserve water resources in your supply chain and/or in your local community such as favouring sourcing your ingredients from areas with sustainable water management, setting targets in line with national or international commitments to protect water resources, and carrying out supply chain water risk mapping

### Waste No Food

- Use food from suppliers or local businesses that would otherwise go to waste
- Set a composting or recycling target for your food waste

### Reduce, Reuse, Recycle

- Take action to promote the reuse of tools, furniture, and/or equipment in your facilities such as using staff uniforms that are made from upcycled or recycled materials and using modular fixtures, fittings and furniture
- Set a reduction target for individual waste streams
- Take action to eliminate the single-use items you use in your kitchen and/or bar and that you offer to diners. Also work to eliminate the use of paper



# METHODOLOGY

The Food Made Good Standard measures the sustainability of your business by assessing your performance against the 10 key impact areas of the Food Made Good Sustainability Framework. Taking the Standard allows you to measure your performance, showcase areas where you excel and discover where more work is needed.

During the assessment, we look at the standards and processes you have in place, the actions you're taking to improve your impact and also how you're using your influence to share good practice and mobilise your staff, suppliers, and customers to act. The aim throughout is to reward action over intention.

## HOW YOUR FINAL SCORE IS CALCULATED

Your overall score is expressed as a percentage, with each of the ten impact areas of the Food Made Good framework making up 10% of this total score. This means that the three pillars are scored as follows:

<i>Sourcing:</i>	40%
<i>Society:</i>	30%
<i>Environment:</i>	30%

Like your overall score, your score for each impact area is expressed as a percentage. Your total score will be calculated as an average of your scores across the 10 impact areas.

## REWARDING PERFORMANCE WITH STARS

If you score over 50% on the Standard, you become a Food Made Good business, putting you among the leaders in the hospitality industry. Becoming Food Made Good business is a huge achievement. Through our star system, we also reward those businesses that are going even further. These are awarded as follows:



**50-59%**



**60-69%**



**70-100%**

We will provide you with a logo with your star rating to help you communicate about your results. This can be downloaded from the "Your FMG Standard" section on the Food Made Good platform.