



## SSIO ENVIRONMENTAL SUSTAINABILITY GUIDELINES FOR FOOD & DRINK

These guidelines should be adjusted to take account of local cultural, financial and technical differences

### Before the event

- Study Sathya Sai Baba's teachings on eating less, avoiding waste and healthy eating (you are what you eat).
- Think about environmentally friendly food and beverages during event planning and engage the local Go Green Champion.
- Provide tap water or filtered water instead of bottled water. Consider if it is necessary to provide food.
- Purchase ingredients for minimum quantity of food required per person to avoid waste.
- Purchase locally grown food, supporting local farmers and reducing long haul transport.
- Use home-grown food or purchase organic food.
- Use fresh ingredients in preference to frozen, canned, or processed.
- Purchase in bulk to avoid/reduce packaging.
- Provide or invite people to bring their own re-usable plate, cutlery, cups and water bottles. Avoid single use plastics (see separate guideline).
- Have a plan for leftover food and identify people nearby who need such food.

### At the event

- Communicate your plan and goals to the volunteers and attendees.
- Place signage requesting participants to not waste food - use quotes from Sathya Sai Baba for signage.
- Chant the food prayer or other prayer before serving.
- Serve each person – avoid buffet style or if using buffet use small plates to avoid food wastage.
- Provide just adequate servings of food to each person.
- Provide re-usable water bottles.
- Provide water for refilling personal water containers.
- Provide containers for only waste food to facilitate composting.
- Provide markers for labelling names on re-usable or compostable cups.
- Keep food refrigerated or hot so any leftover can be used after the event and ensure it is handled hygienically.

### After the event

- Offer left-over food to attendees.
- Donate left-over food to needy people or institutions.
- Collect waste food and compost.
- Sort and reuse or recycle other waste.
- Recycle cans, glass bottles, plastic containers, paper, etc.
- Identify, quantify and document how much food and beverage was used and not used for future reference.
- Reassess the food quantities you need next time.
- Help others plan food and beverages for the next event.
- Ensure volunteers and participants are trained in the above for the next event.
- Communicate your success.

**Refer to Protect the Planet –  
Suggestions for Sustainable Food at Centres**  
<http://www.sathyasai.org/ya/serve-the-planet-2017>