

Project UMBESA

Sustainable Menu Design

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FRESHER

Motivation

Driven by economic necessities, large-scale kitchens employ conventional and imported ingredients. In addition, convenience products are often used. The use of fresh, organic and regional ingredients increases the food quality, and also, this way, the large-scale kitchens commit themselves to society and environment.

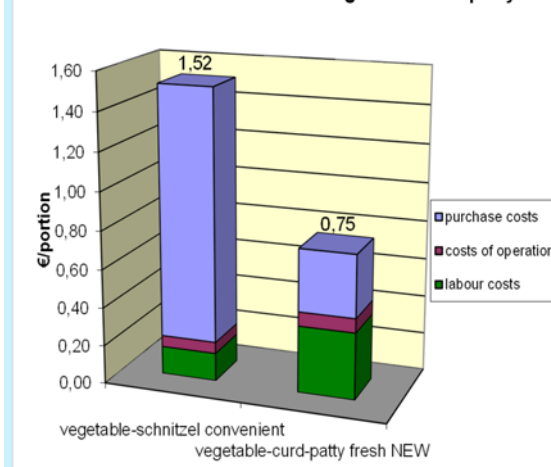
less MEAT

Goal

The goal of this project is to support the large-scale kitchens in implementing a sustainable menu.

from the REGION

Economic evaluation "vegetable-curd-patty"



Sustainable Cooking Makes the Difference

Vegetable schnitzel as a convenience product vs. vegetable curd patty freshly cooked:

- **Costs:** -51 % to the benefit of the latter
- **Organic share:** +87 % (same)
- **Freshness share:** +94 % (same)
- **Origin of products:** 85 % Austria (same)

Recipe idea:

Large-scale Kitchen of the Provincial Government of Upper Austria

in SEASON

Method

40 dishes and products are cooked and optimised according to the criteria: organic, regional, seasonal, freshly cooked and/or less meat.

In addition, stakeholder networks are established, in order to ensure the sustainability of the project achievements. A tool for education and training of kitchen personnel is also developed.

naturally ORGANIC

Conclusions

- **A cost reduction** of up to 78 % compared to the initial dish are possible. Employing fresh ingredients and reducing the meat share are crucial measures for this result.
- **A CO₂ emission reduction** of up to 88 % is possible through changing the meat type and reducing the meat portion size.
- **Freshness:** An increase of the share of fresh ingredients in a meal is possible up to 98 % without additional costs.
- **ORGANIC - REGIONAL - SEASONAL:** A share of 98 % of organic ingredients and a share of regional products of 100 % are possible with a simultaneous cost reduction of 38 %.

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