

# Everyday Sustainability

## Sustainable Food

**Food is a huge part of who we are, what we do and how we live. The choices we make when it comes to food can have a real impact on our own personal wellbeing along with the wellbeing of our local communities and the planet.**

Right here in the Waikato we have lots of amazing organisations doing things to make a difference when it comes to food.

### Hayes Common

Hayes Common nestled in Hamilton East, infuses sustainability throughout everything they do. Their onsite kitchen garden provides an abundance of fresh garnishes for their menu without the food miles or excess packaging. All other ingredients are consciously sourced to be as local, seasonal, and low impact as possible – from only serving free range proteins and sustainably harvested fish to their locally sourced milk which is supplied in reusable pails and dispensed via a tap system to avoid waste, while their reusable coffee cup system makes it super easy for their customers to avoid disposable packaging waste.

### Montana Group

Montana Group is the largest privately owned catering company in New Zealand and their vision is to have zero impact on the environment and this starts with procurement and prioritising sourcing ingredients from local businesses within the region and minimising their food waste with clever ordering and planning. An innovative solution around tackling food waste is their partnership with Rescued Kitchen, a New Zealand business that create sweet muffin flour mix using unwanted surplus bread sourced from local supermarkets. Utilising reusable and low waste packaging and serviceware are also a big priority. Not only do they actively promote reusable crockery, cutlery, and drinkware to clients, but they opt for long-life and sustainable alternatives like reusable locally sourced wooden serving boxes for their catering events and functions.

### Hamilton Gardens

At the Hamilton Gardens, produce harvested from their edible gardens is distributed for use within the local community. The Kitchen Garden is harvested around twice a month, and yields about 4 barrow loads per harvest, this is given to local food rescue project Kaivolution. Some of the harvest has also been known to go to Hamilton Zoo for feeding and animal enrichment; one time the tigers had lots of fun investigating giant pumpkins. In the Te Parapara Garden, all of the produce from the annual kumara harvest is donated to the Salvation Army.

When it comes to sustainability, it doesn't matter where you start or how small that start is, just take that first step and you will be amazed at how good it feels and how easily it becomes an everyday part of your business.

