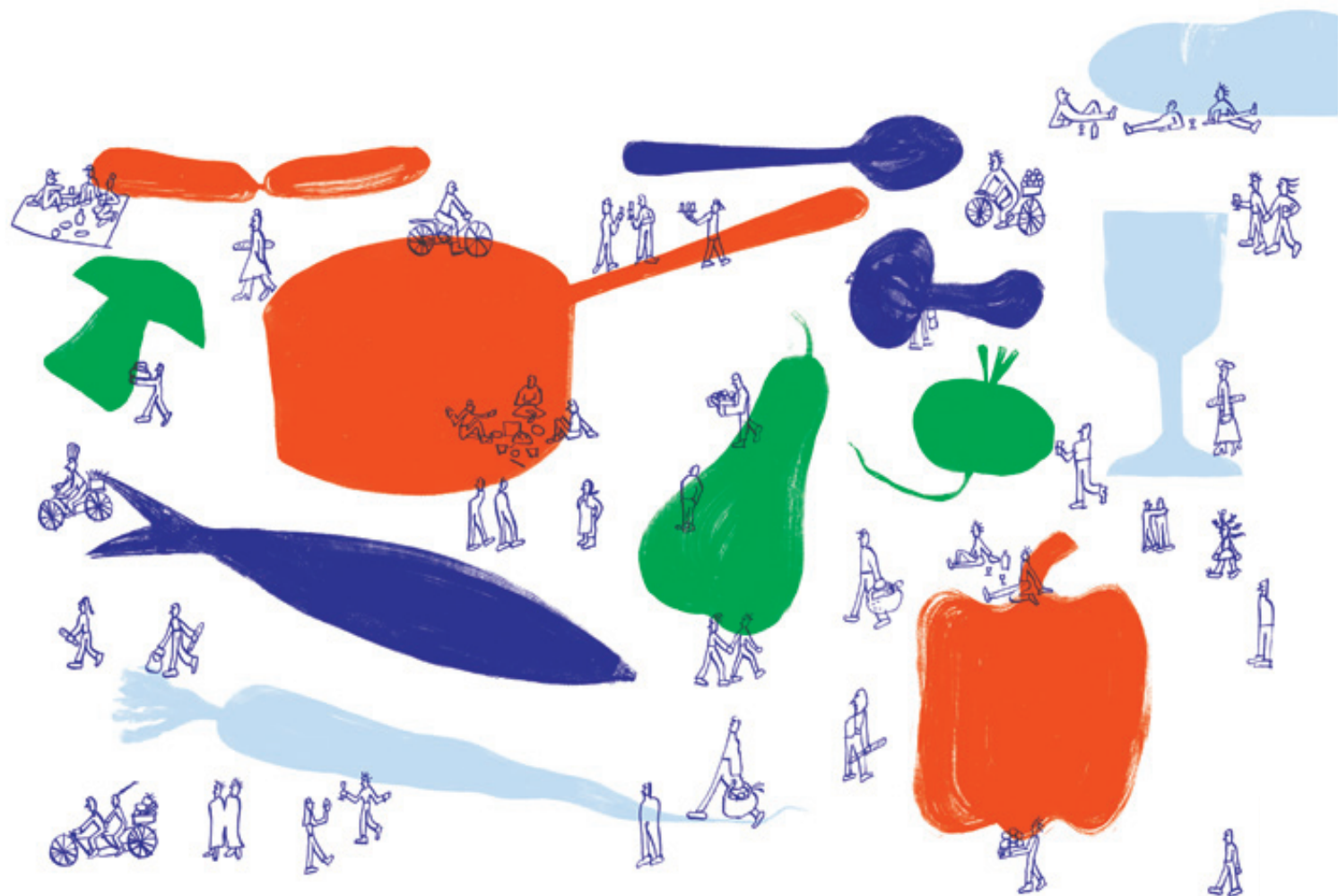


THE WHITE PAPER ON RESPONSIBLE GASTRONOMY

2019



À l'initiative du Ministère de l'Europe et des Affaires étrangères et d'Alain Ducasse

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INTRODUCTION

“

*Fate of nations hinges
depends on how
they feed themselves’*

”

JEAN-ANTHELME BRILLAT-SAVARIN

At a time of environmental and climatic upheaval, the world of gastronomy has a fundamental role to play. Cutting across health, environment, economy, culture, energy, education and society, the restaurant sector must now more than ever be part of a virtuous, sustainable and eco-responsible approach.

Afterall, gastronomy is full of meaning, powerful and sensitive, mediatized and universal. It fascinates people and makes them talk, but today the issues facing the world of gastronomy go far beyond simply feeding, amusing or enchanting people. It is also a matter of taking care of the earth and those who inhabit it. It is a question of maintaining and cultivating biodiversity, whilst having a neutral or even positive impact on the environment. Producers, cooks and consumers must realize that the way we eat can truly change the world, and that gastronomy can be the driving force and banner of such change.

It is time for everyone across the food chain to shoulder their individual and collective responsibilities to themselves and others: farmers, artisans, processors, cooks, restaurant and hotel restaurants, transporters, eaters, decision-makers...

To shift the paradigm, we must think beyond the plate, think according to the products and those who make them, natural and human, marine and land ecosystems. We must change the operating methods in the kitchen, the dynamics within teams, but also with suppliers, service providers, customers and communities.

We must urgently reflect upon and strive towards sustainable gastronomy, with the many exciting and sumptuous challenges it throws up. We can bring back magic to cooking by giving it meaning and empowering it at all levels.

It's time to feast sensibly and mindfully.

Camille Labro



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A THE COMMITTEE



Many people have already realized the imperative need to get involved, to think on daily basis about changes and improvements in their kitchens, their dishes, their actions and interactions above and beyond the restaurant.

Everyone can learn something from others. Therefore, we felt it was essential to call upon a wide range of professionals to put together a responsible and diversified task force.

French and international chefs, gourmet restaurants or good bistros as well as vegetable farmers, fishermen, cattle breeders, bakers and artisans have all pondered the great questions behind their trades and their daily lives. Their contributions and testimonies fuel and make up this White Paper – in order to move beyond the gastro-ecological discourse and to initiate effective and sustainable actions; to back up the core founding principles with real experiences, practical implementations, failures and successes; to hear, harmonize and strengthen many voices together.

Members of the committee

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Vida, Paris

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Maison Aribert, Uriage-les-Bains

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Le Royal Barrière, La Baule

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La Chassagnette, Arles

MAURO COLAGRECO

Mirazur, Menton

SANG-HOON DEGEIMBRE

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Chez Panisse, États-Unis

DRIES DELANOTE

Monde des Mille Couleurs, Belgique

GRÉGORY DELASSUS

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Lac Léman, Lugrin

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La Petite Laura, Granville

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ALEXANDRA COUSTEAU et ROSALIE MILLER MANN

Fondation No More Plastic



B

OVERVIEW AND KEY DATA

Food is both a cause and a victim of environmental disruptions. Post-war production and distribution methods have contributed to increasing soil and water pollution, lessening the quality of products, and spreading a standardized diet that is far too rich in fat, sugar and salt. It has also become a key factor of global warming, before transports. And as temperatures rise, droughts and floods affect agricultural productions and jeopardize food sovereignties in many communities.

A significant carbon footprint

The agriculture and food sector (from field to waste treatment) is responsible for over 30% of greenhouse gas emissions (GHG) within France's national territory, and 15-30% in developed countries (figures vary depending on analyses).

● <https://reseauactionclimat.org/thematiques/alimentation/>

Cattle rearing

14-18% of global GHG emissions come from livestock, 65% of which are due to cattle farming (meat and dairy products).

● <http://www.fao.org/news/story/en/item/197623/icode/>

Fishing

30% of fish stocks are overexploited

60% of stocks are fully exploited (almost 90% in the Mediterranean)

171 million tonnes of fish were produced in 2016, 47% of which was from aquaculture

Biodiversity

66% of the world's agricultural production is based on only 9 plants while there are 6,000 edible plants.

World animal production is based on about 40 species, of which only a handful provides the vast majority of meat, milk and eggs we consume. Of the 7,745 local livestock breeds in the world, 26% are endangered.

● <http://www.fao.org/news/story/fr/item/1181464/icode/>

Health

In 40 years, cases of obesity in children and adolescents have increased ten-fold.

By 2030, diabetes (a disease directly related to food), will be the 7th leading cause of death in the world.

● <https://www.who.int/diabetes/global-report/fr/> (source OMS)

Waste

30% of the world food production is thrown away without being consumed

40% of fish caught by industrial fleets are considered unsellable.

● FAO Source

Plastic

8 million tonnes of plastic end up in the ocean every year

91% of 9 billion tonnes of plastic produced on land is not recycled

100 billion single-use plastic cups or glasses are thrown away every year worldwide

1 million plastic bottles are purchased every minute

5 trillion plastic bags are used each year, i.e. 160 000 per second

● <https://www.nomoreplastic.co>

Sustainable diets

In 2010, the Food and Agriculture Organization (FAO) defined "sustainable diets" as:

"Diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources."

C

WHAT IS RESPONSIBLE GASTRONOMY?

Respect, awareness, protecting life, ecosystems and biodiversity, minimizing the impact on the environment and nature, sense of community, common sense: those are the terms and expressions that emerged most frequently when the members of the committee were asked to define what 'responsibly gastronomy' might entail. Here are some of their definitions and visions.

RESPONSIBILITY AND AWARENESS

Nadia Sammut

Auberge La Fenière, Cadenet

"The word responsible is a strong and engaging term. The dictionary defines 'responsible' as 'the duty to measure the consequences of one's actions.' Cooking responsibly entails undertaking commitments and responsibilities and being aware of them."

Gérald Passedat

Le Petit Nice, Marseille

"The kitchen must be the guarantor of a culture of intelligence and of choosing our producers and must take into account organic farming as well as responsible fishing. Above all, it must be a fight to protect nature and thus become for younger generations an example of what is natural. You have to territorialize your culinary voice! Give pride of place to the curiosity of taste in establishing your restaurant and its cuisine. Highlight and support producers by showcasing their work and citing them on our menus. Work in harmony with nature, the seasons, even if they are changing. Respect and promote ancestral fishery and call for our natural sources to be respected."





C WHAT IS RESPONSIBLE GASTRONOMY?



Wandile Mabaso

SA Culinary Club, South Africa

"You have to be aware of your environment and surroundings and, most importantly, the socio-economic context in which you cook. This understanding determines which ingredients to use and how to use them. In my area, in Johannesburg, we still have a lot of poverty and a miseducation about good eating. Therefore I focus on fresh produce and nutrition. I buy local products to support the economy of small farmers and fishermen, while educating people about proper nutrition. It is also essential to use ingredients which are in abundance, and respect those that are scarce."

Christophe Aribert

Maison Aribert, Uriage-les-Bains

"As a chef and entrepreneur, I have no choice but to work and cook responsibly. I have lived in contact with alpine nature since my childhood and have observed climate change closely, as well as the degradation of high-altitude mountain. We needed to act now."

THINKING BEYOND THE PLATE

Alice Waters

Chez Panisse, United States

"Sustainable gastronomy is a real understanding of the relationship between food and nature. It is to allow nature to inform your choices by eating seasonally and locally. It is also to understand the whole cycle. By refusing the packaging, eliminating the waste, and sending your scraps back to the land you are respecting the cycle between food and nature."

Alain Ducasse

Ducasse Paris

"We need to help customers take a step in the right direction. This way, consumers will spread the messages we have championed. Let's make a choice to promote certain types of fish on our tables and pave the way for the use of algae: if each chef gets on board in his own restaurant, if we do it in our kitchens and our schools, others will follow suit and the consumers will too."

David Royer

Castel A'ch, Plougerneau

"Responsible gastronomy means cooking that is no longer focused solely on the dish itself but also on everything that happens before, during and after the service: producers, delivery methods, storage, preparation, consumption and waste. Responsible gastronomy involves our teams learning about products and their means of production. It means respecting schedules and collaborators."

REDUCING OUR ENVIRONMENTAL IMPACT

Marco Soares

Magna, Brazil

"First, we need to be concerned about raw materials and where they come from in order to reduce damage to the environment whilst simultaneously contributing to local development."

Mauro Colagreco

Mirazur, Menton

"Responsible gastronomy looks towards the origins of products, and cares about its impact on nature, trying to minimize that impact as much as possible. It is a gastronomy that uses seasonal and local products, that supports small-scale artisans and local farmers because it is a marvellous way to vary what you eat, whilst reducing the carbon footprint of food. It must promote a diversified and healthy agriculture. Seafood must come from responsible, seasonal and local fishing. We need to try to reduce the use of plastics and petrochemicals. It is also a kind of gastronomy that cares about the working conditions and well-being of its employees and that tries to educate and influence consumers."



RESPECT FOR ALL THINGS

Juan Arbelaez

Vida, Paris

"The cuisine must be local, produce as little waste as possible and be kind to our guts. We need to bring nature's biodiversity onto our plates and nurture it by diversifying what we eat."

Christophe Hay

La maison d'à côté, Montlivault

"Our responsibilities first entail respect: respect for the teams by taking care of them and creating an ergonomic and pleasant workplace, respect for the environment with the most environmentally-friendly buildings possible, respect for customers by greeting them with a warm welcome and giving them an educational and attentive service, and finally, respect for producers by paying and showcasing them as much as possible."

Lorenzo Loseto

George Restaurant, Canada

"Within the restaurant realm, sustainable gastronomy entails balancing the products we cook in a responsible manner, respecting everything we use, including water, and never wasting anything. On a broader scale, it is the daunting task of reducing the human impact that gastronomy has on our generation and the next, including, but not limited to, the impact we may have on global warming, which is related to indulgence and the need for unlimited products. Our motto is: be respectful, responsible, and very grateful."

Sang-Hoon Degeimbre

L'air du temps, Belgium

"Sustainable gastronomy involves learning from the past where it meant abundance and waste, without constraints or obligations. It's a gastronomy of awareness and respect."

PROMOTING AND SUPPORTING PRODUCERS

Philippe Hardy

Le Mascaret, Blainville-sur-Mer

"We are only the go-betweens. Our role is to preserve and work with people who respect and regenerate each sector."

Michael Kloeti

Michael's On the Hill,
United States of America

"It is a matter of fully investing in this role as a go-between and helping to preserve nature for future generations by supporting local communities. Buying local is an essential act that reduces our carbon footprint while protecting the history and life of the communities."

Grégory Delassus

Ferme du beau pays,
Moustiers-en-Fagne

"Would responsible cooking not lead to Farmhouse Inn 2.0? The chef in the town with their talent and customers, the farmer in the countryside with their vegetables or animals, and a connection between the two like an umbilical cord. A direct link between the kitchen, the dining room and the farm. With virtual and real exchanges to get inspired and to share knowledge. Wouldn't spending time with people, the land and the animals be the foundation of responsible gastronomy?"

Hélène Reglain

Ferme d'Artaud,
La Chapelle Saint-Sauveur

"Working with producers and making them known means helping them stay afloat, but it is also a way to protect diversity, because these producers are often the ones that set great store by protecting old seed varieties and ecosystems."

Pierre Thiam

Yolele Foods, United States of America

"When I went to meet farmers, fishermen and other producers in Senegal whilst doing research for my latest book, I realized that I had to take more concrete steps to improve the lives and situations of these men and women on whom our food depends."

FARMING COMMON SENSE

Lauriane Durant

La Ferme du Vieux Poirier,
Schopperten

"Sustainable gastronomy is circular – and embodies the term 'common sense' – from the local producer to the restaurant owner."

Julien Dumas

Lucas Carton, Paris

"Like permaculture, gastronomy must be thought of as a set of ecosystems in a bid to shape the radiant future of our earth."

Pierre Gayet

Domaine des Vernins, Dornes

"Cooking with knowledge of where products come from, that fosters a direct relationship with producers, which uses raw, fresh and seasonal products, and preferably agroecological ones. Chefs that inform their customers and their teams and explain for pedagogical purposes the presence or absence of such and such a product at a given time of year."



URGENCY AND THE LIVING WORLD

Fanny Rey

Auberge Reine Jeanne, Saint Rémy de Provence

“Our world, the world of our generation of chefs, is a finite one. The ocean’s resources are not inexhaustible and what we are leaving behind is a world in which resources are scarce and depleted. We are in a state of ecological emergency. Chefs have to become gardeners, fishermen and gatherers again. Let’s not underestimate the power of the fork.”

Roland Feuillas

Les Maîtres de mon Moulin, Cucugnan

“The global situation is dramatic. Not feeling concerned would be tantamount to a total lack of awareness or absolute cynicism. It is vital to focus on the living world and to invest in a quasi-chivalrous relationship to life. We must do everything we can to support life, help it grow and increase it. Responsible gastronomy cannot be built on genetic resources (whether they belong to the animal, plant, fungal or bacterial realm) in a way that is out of synch with the natural living world. The days of F1 hybrid vegetables, varieties focused on productivity and profit, sterile seeds and predatory human operators are over.

Responsible gastronomy is one that is entirely based on the living world, armed with knowledge and an awareness that cuts across humanistic, philosophical, spiritual and scientific thought. The art of cooking primarily entails respecting the living world and passing on that art in order to awaken the emotional and mental system of the person eating the food.

Responsible gastronomy also involves empowering the person who eats it, through emotion, which itself opens up the heart and instils courage. In other words, these are the necessary conditions for us all to become actors of a much-needed restoration of the natural world.”

ETHICAL AND JOYFUL CUISINE

Hugo & Olivier Roellinger

Les Maisons de Bricourt, Saint-Méloir-des-Ones

«Rather than ‘gastronomy’, we prefer to talk about an ‘ethical and joyful cuisine’. A cuisine that would be good for the mind, the heart and the body, a cuisine that would allow farmers and fishermen to grow with the complicity of nature: a cuisine where the best would also be the most virtuous, so that for the greatest number, the pleasure of eating remains one of the first in life.”





D

PILLARS OF RESPONSIBLE GASTRONOMY



1. Ingredients

The imperative of good products

There is no good food without good products. The cook's work begins with the quest for their ingredients and with establishing contact with those who produce them. Vegetable growers, cattle breeders, fishermen, cereal farmers as well as bakers, cheese-mongers or winemakers are the first links in any respectable food and culinary chain.

"To make a great dish, you need good products. I go to great lengths to select the optimum products at the height of season to showcase them as accurately and as naturally as possible." **Christopher Coutanceau**

A virtuous supply chain (one that is as direct as possible) is the building block of sustainable cooking. Traceability and transparency are key.

Promoting fruit and vegetables grown without agro-chemical inputs (whether it bears an organic label or not), choosing grass-fed animals, free-range eggs and poultry, small-scale artisanal fish: that's how cooks can begin to think about what they will prepare in a healthy and serene way.

Similarly, restaurants should, as far as possible, give preference to wine growers that use untreated and naturally vinified grapes. When it is not possible to use local products, as it is the case for exotic goods such as coffee, tea, chocolate or spices, one must use organic and fair-trade productions.

Proximity between cooks and producers

By forming a bond with producers, who are in direct contact with the natural world, chefs can improve their knowledge of raw ingredients and learn how to use them better.

"I decided that any chef wanting to use my fish had to first come and take a boat trip with me. This allowed me to have all sorts of extraordinary encounters, and I realized that it did a world of good for the chefs to get away from their ovens and find inspiration on the water."



I also went to observe staff in several restaurants to understand the pressure, the stress and the quality requirements of French haute cuisine."

Eric Jacquier

By forging strong ties and establishing regular collaboration, chefs can also ensure the sustainability of the producer's business. Indeed, more often than not, vegetable growers are able to make a living and finance their operations thanks to their restaurant-owner customers. A chef can also help farmers to make themselves known and find other customers.

"I am based in Paris, and I only work with products made locally in the Paris area... If we as chefs do not support local and artisanal agriculture, we will end up with a world of standardized monoculture. We have to help local producers stay afloat, so that they can live and keep going." **Alessandra Montagne**

«Working directly with producers is obvious to us. We can not cheat about that. I cannot imagine buying a product in a supermarket. If we do not have a product, we do not have it. There is a direct relationship, a potent energy that goes from the ground to the plate, through the producer and the cook ... That's what our job is about. To cook good food in our territory is common sense: it is good to taste, good for the body, and good for the planet, for our territory and for the men and women who try to make a living out of it."

Hugo Roellinger

Taste before aesthetics

“When I set up my restaurant, I tried to bring back the taste of all those fine things I had tasted in France before. I started looking for these tastes, I looked in the markets and restaurants, and I ended up at the doorstep of small-scale farmers in my area. That’s where the taste was. And it is through this network of local producers that my cuisine was truly born.”

Alice Waters

The quest for taste as well as nutritional qualities are far too often neglected, with visual appeal and productivity being prioritized. We can reverse this trend and look for flavour first, which is often found in uncalibrated products, often rejected by the agro-industry (where taste is never a criterion).

Small-scale farmers that use non-hybrid peasant seeds tend to focus on the taste and nutritional qualities of plants. By working hand in hand with cooks that feel strongly about flavours, they can develop this work even further.

Adapting to the weather

It is, of course, important to respect the seasons in one’s region, but nowadays it is also necessary to take into account climatic fluctuations. These can have some benefits (bananas that grow in Sicily or passion fruit in the south of France), but require even more flexibility and open-mindedness.

Seasonality is not a diktat; cooking must be guided by the rhythm of the crops and the weather:

“Today the climate is totally out of kilter and whether a vegetable is in season or not may differ from one year to the next. One has to accept that a product is never linear and that its taste, shape and size will evolve over time. The recipe must adapt to the product, not the other way around! Having a close relationship with your producer is the only way to know the real seasonality.” **Hélène Reglain**

A tomato can be at its peak in November. It is up to the cook to accept it and adapt accordingly. Today, it might be advisable to reduce the idea of a ‘season’ to one month and to shorten the periods by ceasing to anticipate them or to claim early harvests too soon, and to therefore dub them ‘out of season’.

“Every producer questions himself according to climatic variations, every restaurant owner should do the same.” **Lauriane Durant**





2. Menu

The products shape the menu

The supply available must determine the menu and not the other way around. Cooks must listen to those who grow, breed, fish and gather in order to concoct their dishes in a way that is as close to nature as possible.

"Keeping the same menu for several months doesn't make sense anymore. It is better to set your menu according to what is available among small-scale producers, and to top up with produce from large-scale vegetable growers if necessary. The opposite is impossible because there is a huge seasonal mismatch between wholesale food market (such as Rungis in the Paris area) and small-scale farmers."

Hélène Reglain

Chefs have an enormous responsibility to farmers: by choosing to place orders every day for their restaurants, they also help to finance the efforts and research of producers, as well as, by extension, to maintain biodiversity in the fields.

"Having worked in many parts of the world, I have been spoiled with certain ingredients and used to import a lot of goods to fulfill my desire for luxurious products. Over the months, my cooking evolved and I reconnected with my own environment. My biggest pride is that I am the only chef in Gauteng to buy directly from small scale fishermen and have become an ambassador for ABALOB which is a platform that supports fresh, local and sustainable fishing." **Wandile Mabaso**

Prioritizing the vegetal realm

Meat production (livestock and forage crops) accounts for almost 15% of greenhouse gas emissions. Halving our consumption of meat and dairy products (especially of bovine origin, which is the most polluting) could be as effective as halving the number of cars in circulation globally.

Nevertheless, animal protein continues to hold centre stage on the menus and the plates of many restaurants, while vegetables are mainly considered as side dishes.

"Meat is a very powerful cultural marker. It has always been considered in our gastronomy as the 'plat de résistance'. Sociologically, it has long been the symbol of access to a certain social status. It is therefore not easy to make haute cuisine by daring to cut out this product." **Alain Ducasse**

The idea is now to reverse the animal/plant proportions in the dishes: 1/3 animal protein for 2/3 of plant-based products.

It is vital to develop and bolster the work surrounding vegetable proteins (cereals, legumes such as chickpeas or lentils). Modern gastronomy must focus on vegetables, cereals and legumes to show that they can be just as delicious as animal-based products.

"There's a great deal of work involved in getting the most out of vegetables. Peeling, cleaning, drying, baking... But it's also a very interesting kind of gymnastics for the brain. I treat vegetables like meat. I roast them, I deglaze them, I use juices..."

Romain Meder, Alain Ducasse at the Plaza Athénée.

A few suggestions for sustainable menus

- **Reverse proportions but also the order in which vegetables and meat are featured on menus, as is the case at François Pasteau's restaurant Epi Dupin. For example: "Fried sweet potatoes with sesame, Basque pork loin" or "Honey-roasted turnips, confit of veal breast".**

"I'm not in favour of saying that we must not eat meat or fish... You have to be smart, eat small quantities of meat but of very good quality, and add more plant-based products. In a nutshell, we should all be flexitarian." **François Pasteau**

- **Systematically propose a vegetarian option: Any menu should include an option that is 100% vegetarian and as interesting and appetizing as everything else, without the customer having to ask for it.**

"I'm always more creative and inspired by vegetables. I never have trouble coming up with ideas for my vegetarian dishes and I always have them on the menu. The world of vegetables is so rich and diverse!"

Manon Fleury

- **Preserve fruits and vegetables in full ripeness by putting them in tins, pickling them, turning them in to jams, drying them out or fermenting them... These conservation methods are a great way to prolong the seasons.**

"We try to cook seasonally and preserve a lot of things when the crops are at their best. We then use them all throughout the cold months." **Michael Kloeti**

"We consume fresh vegetables and also preserve a large portion of them for wintery months when the garden does not produce anything. These fermented vegetables provide us with the fermentation juice we use in our sauces. Pushing zero waste principles even further, we use scraps of dehydrated fermented vegetables for our seasonings in the form of powders, which are used as salts or as broths made in a French press." **Sang-Hoon Degeimbre**

Humble products and luxury products

Tuna, salmon, turbot, beef, foie gras, caviar, truffles: rare products and endangered species can often be found in many fine restaurants around the world. They can be questionable on both an ethical and an environmental level, while perpetuating the gap between noble and humble products.

As far as meat is concerned, gastronomy too often favors the 'noble parts', fillets, ribs or legs, to the detriment of the rest of the animal.

"Pigs' ribs and belly are always favored, whereas other parts of the animal often remain unused. This forces the producer to transform the less noble pieces or find other ways of selling them. This also poses a problem of quantity: we would need to produce more beautiful pieces and fewer of the other parts, which is impossible. A responsible chef should learn to use the whole animal." **Lauriane Durant**

Thus, the role of the chef is also to use his savoir-faire to showcase the more humble and affordable products (giblets, oily fish, cabbage, beet, carrot etc.) to make them appetizing and tasty.

"We try to bring a pedagogical dimension to our customers, informing them about the seasons, explaining why there is no sea bass in January, for example... But also by showcasing fish that are often overlooked, such as mackerel, sardines, weevs or wrasses, which are fabulous species, but largely unknown to the general public. We include these fish in our tasting menus or on the general menu, and our customers are curious, they try them! Result: they are pleasantly surprised and they will think about buying this type of fish because they liked it" **Christopher Coutanceau**

3. Preserving biodiversity

Diversifying dishes to preserve biodiversity

Without products, there is no cuisine. Scientists regularly warn us of the dwindling number of species, mammals, birds, insects, fish and also plants – everything that man feeds on.

Chefs bear a responsibility at all levels: in their restaurants, but also to the natural world. If their savoir-faire entails cooking and ‘enhancing’ the products, while showcasing the richness of their land, they must also ensure the preservation of the natural resources they use by making informed choices.

“We must stop eating the same things over and over, and instead, make room for different cereals, forgotten vegetables, legumes, split peas, salsify, amaranth etc. Through the choices we make regarding what we cook, we can support diversified agriculture and help reduce our carbon emissions.” **Juan Arbelaez**

Learning about each ingredient on the menu is crucial so that future generations can feed and continue to feast. There are questions you have to ask yourself each day: *“Is this fish threatened with extinction? Are these plants derived from hybrid or old seeds? What kind of animal product suits the territory where my restaurant is located?”*

“Millet, fonio or sorghum are plants that have been cultivated in Africa for millennia, but local populations have gradually turned towards mass rice imports from Asia. In Dakar where I grew up, we only ate broken rice and pasta! When I became a cook, I decided to bring back these traditional ingredients to my recipes and do what I could to keep these ancient cultures alive.”

Pierre Thiam

Marine resources

We are depleting our seas and emptying the ocean of its fish. Offshore industrial fishing and large-bottom trawling contribute to dramatically reducing global fishery resources. Over the last 40 years, populations of marine species have fallen by 39% and current fishing practices account for approximately 38.5 million tonnes of by-catch annually. (Sources WWF and FAO)

“We must foster at all costs small inshore fisheries that are respectful of this very environment that we feed on, as well as fish that have never touched ice and will never touch it.” **Philippe Hardy**

It is crucial for cooks to select fish from non-endangered species, caught with techniques that respect marine flora and fauna, i.e. a small-scale, artisanal fishery (boats that don’t exceed 24 metres) that take only ‘what is needed’. It is also useful to learn about seasonality, in order to avoid buying a species during its reproduction period, and to respect the maturity size, to consume only fish that have had time to reproduce.

“Modest” fish with stable stocks must be prioritized: sardines, mullet, pollack, pout, bonito, gurnard, macquerel, whiting, herring; seafood such as cockles, mussels, clams... but also algae such as sea lettuce, dulse, nori, kombu, which are both sustainable and healthy foods.

Aquaculture (fish and algae farming) could offer solutions provided that it is sustainably conceived, with respect for animal welfare.

“One thing is for sure: there will never be enough fish for everyone, even if we are careful. Endangered species should not be touched. Aquaculture needs to grow, livestock farmers are working better, operating basins are increasingly sustainable: animal welfare is improving. Quality farmed fish can now be found.”

François Pasteau

“Aquaculture is not a quick fix to address the issue of declining fish stocks, (...) but in the future it could become an activity to help repopulate the seas. The



sea, like the earth, will then be able to ensure that the protein required for future generations is produced. Feeding 8 to 9 billion human beings means that it is vital to manage coastal areas holistically, something that is crucial in ensuring the sustainability of fishery production.”

Pierre Mollo, plankton research biologist.

Land resources

Since the early 20th century, some 75% of cultivated plant varieties have disappeared as farmers have abandoned local varieties and traditional cultivars to move towards high-yielding, genetically uniform varieties.

According to an extensive FAO report on food biodiversity, the first of its kind, published in February 2019 (see key data in section B and section F), the biodiversity underpinning our food systems is rapidly declining, seriously compromising our ability to feed a rising global population.

Regarding either animal-based or plant-based ingredients, cooks must give pride of place to diversity, foods that are often overlooked, and choose rustic species and plant varieties from ancient seeds, in order to regenerate biodiversity but also to restore the independence of producers.

“My core principles as a producer are: avoid all types of chemical inputs and eliminate as much as possible the use of hybrid F1 varieties, because sustainability also entails the independence and autonomy of farmers from the seed industry. Fostering patent-free open-pollinating varieties guarantees a certain degree of food sovereignty for the present and the future.”

Pierre Gayet

“Chefs should be able to help their producers to not fall into the trap of monoculture simplification and, instead, should encourage them to vary plants and adopt breeding practices that respect the biotope of the animal.” **Lauriane Durant**

In Moustiers-en-Fagne (North region of France), Grégory Delassus rears Highland cattle, a rustic breed from Scotland. The animals roam almost freely in the Avesnois Natural Park, feed on grass, and while grazing, maintain and improve protected natural areas. Like many responsible cattle breeders, Grégory Delassus works directly with many of his customers and recommends eating less meat but high-quality meat.

“You cannot eat meat twice a day. Meat must remain an exceptional delicacy, as it has always been the case, even on farms where meat was only on the table on Sundays.” **Grégory Delassus**

4. Food waste



According to estimates, one third of the food produced globally is lost or wasted (at all stages of the food chain from production up to household waste) – approximately 1.3 billion tonnes of food a year. (Source FAO)

And the world of gastronomy doesn't fare much better when it comes to waste.

"Historically, haute gastronomy is very 'wasteful'... For several reasons: we order too much to avoid the risk of having to tell customers that we no longer have such or such a dish; we increase the number of products to have a fancy and lengthy menu; we only buy part of the animal without worrying about what happens to the rest of it; we use only visually appealing vegetables or the most beautiful part of the vegetable, because presentation is paramount, and we throw all the scraps and peelings..." **Sang-Hoon Degeimbre**

Anti-waste measures

Cooks can initiate all kinds of steps to cut down on waste:

- Order plants in their entirety directly from the garden, fresh eggs, free-range poultry and large cuts of meat (even whole animals);
- Choose organic, pesticide-free vegetables so they can be used in their entirety. The skins, leaves and tops of vegetables can be very tasty and make delicious broths, crisps or purees;
- Use bones, scraps and carcasses to make stocks, broths and base for sauces.

"We try not to throw anything away in the kitchens of the Mirazur restaurant. On the contrary, new recipes are conjured up to use products in their entirety."

Mauro Colagreco

"At Tempero, peels are turned into chutneys, fish bones into terrines, cheap cuts into stews, leftovers of stew into cromesquis... And when there are dishes left after the service, we give them to the neighbours!"

Alessandra Mountain

The right amount of food

If we waste so much food in restaurants, it's often because we put too much food on plates. In general, it is better to have a well-balanced, nutritious and scrumptious dish rather than overly copious plate : favor quality over quantity. It's also a much healthier option.

"I try to make it clear to my clients and my employees that eating well does not mean eating a lot (...) We have to buy and eat just only what we need."

Marco Soares

To ensure you buy the right amount of raw ingredients, it is better to have a short menu that you can adapt according to what is available and buy only for the number of guests planned for that day. It also helps to limit storage and to cut down on energy-intensive refrigeration systems.

If a dish is no longer available, you can explain to the customer in full transparency the reason why stocks are so limited.

Rather than throwing away surplus, bread from the previous day or products that have just reached their best-before date, contact an association to collect and redistribute them to local disadvantaged communities.

A doggy bag should be used as a last resort. Using a doggy bag means that there was too much on the plate to begin with, and generates packaging and thus additional waste. If used, recyclable packaging must be given preference.

Think compost!

Once the food is used and recycled as much as possible, composting is the most environmentally-friendly solution to make use of organic waste. It is a biological process whereby an organic mass (made up of peelings, coffee grounds, eggs shells, paper, leftovers etc.) decomposes thanks to the action of micro and macro-organisms, fungi, bacteria until it turns up into a rich and nutritious soil that can be returned to the ground.

Options for compost are adaptable to situations: from the countryside restaurant that should necessarily have a large external compost heap to the city bistro which can use an indoor worm bin, neighbourhood-based compost heaps (in certain towns) or collection by an external service provider.

"A city like Paris produces 1.3 million tons of waste a year, including 300 or 400 million tons of organic waste. This organic matter can be used to make compost to feed the soil or to produce energy. With one ton of compost you can get 60-70 cubic metres of gas." **Stephan Martinez**

5. Virtuous circle



A virtuous circle is ‘a set of cause and effect that improves an entire system’. In the food sector, it can be considered as a series of measures and actions that have the greatest possible positive impact on the environment, nature and individuals. By proposing such measures at their level, chefs encourage those around them to do the same: goodwill is inspiring and even contagious.

“I arrived at Auberge la Fenière with my manifesto and I implemented each of my actions by measuring the feasibility and the impact of the transition as well as the time it would take.

I organized weekly cultural events, lectures, meet-ups and film screenings for my team to show them examples of issues and commitments facing the planet. I invited pioneers from the social and solidarity economy to my establishment so that they could talk about their actions and show to what extent it is possible to change everything.” **Nadia Sammut**

Educating your entourage

Ensuring that employees are appropriately informed and trained to avoid waste, save resources and promote short food supply chains is paramount if commitments are to be honoured while boosting the collective effort.

You can make your teams work in equal measure on dishes and on parameters upstream. Here are some suggestions to raise awareness amongst your collaborators regarding sustainable cooking:

- **Decomartmentalize workstations in the kitchen, so that everyone knows what the others are doing: supply, cooking, service, washing-up, cleaning, waste management etc.;**
- **Have all restaurant employees (waiting staff, cooks, sommeliers, dishwashers, as well as producers and suppliers) taste the dishes on the menu. It will enable the team working in the dining room to be more knowledgeable about what they serve, but it will also allow everyone to be fully aware of the ins and outs of each dish;**
- **Regularly send all staff members to meet the producers, vegetable growers, cattle breeders, fishermen, artisans and commercial vendors as well as to local food markets;**
- **If possible, create a vegetable patch on the restaurant’s premises (or nearby), so that the teams come into direct contact with the earth, and can, on occasion, have a stab at attending to the garden themselves.**

“I care a lot about staff training, both in the dining room and in the kitchen as well as raising awareness to environmental issues. To do so, I organize activities such as ‘interships’ with fishermen so that staff can learn how to prepare fish from local small-scale fisheries and to ensure that good habits are passed on.”

Stephan Martinez

"At the bottom of the daily menu at Chez Panisse, we state, 'The food we serve comes from farms, orchards, ranches, and fisheries guided by principles of sustainability.' But it is not just about the food. We also foster a humanist environment for the people who work at the restaurant, and seek out purveyors who have similar approaches with their own staff." **Alice Waters**

Developing short food supply chains

Seasonal, local and organic are the three pillars of any responsible gastronomy. Of those pillars, the local aspect is probably the most important, because by choosing the shortest possible food supply chain, the restaurant:

- supports farmers and small-scale local businesses;
- participates in the social and economic fabric of its community;
- reduces carbon emissions by reducing the travels of raw ingredients;
- ensures optimum freshness, ripeness and seasonality of products;
- can communicate directly with farmers, traders, artisans;
- can ensure best on-site production practices.

To avoid too many one-off journeys and empty trips, restaurants in the same area can work together to centralize deliveries, create points for products to be dropped off, or even establish shared supply systems to directly collect products at the farms.

"A year ago we set up a gathering of producers on the Guérande peninsula and organize a pick-up once or twice a week on the sites where goods are produced to facilitate short food supply chains. We work in close proximity to our producers in order to optimize production and help them." **Eric Guérin**

For restaurants in urban areas, it is less convenient to buy directly; however, local grocery stores are developing, and can help reduce the number of intermediaries involved, whilst creating relationships based on trust.

"It is essential for me to communicate with the producers I work with and to surround myself with a good network. I also have very good relationships with my distributors who serve as go-betweens with farmers in the countryside: They are responsive, attentive and conscientious, which creates a virtuous circle that trickles in to our everyday lives." **Manon Fleury**

Food education

"Our speeches and actions as chefs are extremely important, especially given the media coverage we enjoy at the moment, which helps us to get the message across to a wider audience." **Mauro Colagreco**

Drawing upon their growing aura, chefs should set an example outside their restaurants. They can participate in debates, broadcasts for the general public, and work with children to draw their attention to the importance of 'eating better' through cooking classes in their establishments, or directly in schools.

"I carry out various actions for a varied audience, targeting children and their parents in particular. As someone who is passionate about sustainable agriculture, I hope to reach a wider audience than the restaurant's customers alone by organizing courses and workshops. My goal is to connect dedicated producers of our community with conscientious foodies."

Michael Kloeti

"Awareness involves education. As restaurant owners we can pass on a great deal of information. We can change things at our level by being transparent with our customers about our actions to minimize our impact on the environment." **Christophe Hay**

It is also necessary for hotel management schools and cooking schools to set up training courses that fully integrate eco-responsible values, in connection with the agricultural world and the principles of agro-ecology. Waste from practice in class and packaging must be controlled and reduced as part of courses.

6. Equipment

In addition to edible items, the restaurant business cuts across multiple problems related to pollution, energy, water and everyday non-food products. Eco-responsible cooks should also focus their attention on these issues.

“Some measures in place at the Auberge: we use non-corrosive cleaning products, beeswax candles, the menus and paper are made from recycled material and produced by a local company, the bottled water is filtered on site.” **Nadia Sammut**

The plastic problem

Plastic must not be automatic. While it is convenient to use reusable plastic containers, the use of single-use plastics must be limited, or even banned, at all costs. Straws, cutlery, bottles, cups and food packaging containing plastic are on the list of items harmful to the environment, as are disposable gloves and clingfilm.

Some brands now offer biodegradable or even compostable versions of these products, but firstly, everyone should try to reduce their use and opt for hermetic boxes or working with bare, clean hands.

“The restaurant sector must take up the issue of plastic. In the Mediterranean, which is a closed environment, micro-plastic levels are four times higher than elsewhere. In the sea, plastic releases various toxins and contaminates the sea animals that ingest these toxins. The level of toxins is on the rise is becoming increasingly concentrated the further up the food chain you go until it reaches human beings, since it is found in the fish we eat and in our table salt.”

Alexandra Cousteau

As far as delivery packaging is concerned, it is entirely possible to insist that the producer – or, conversely, the chef – establish a recyclable packaging system or reusable and returnable crates.

“We have asked all our suppliers to deliver their products in recyclable packaging and, if possible, compostable packaging. I managed to make them understand that I didn’t want to be swimming in plastic, and now they’ve started doing this for all their customers. It’s a drop in the ocean on a planetary scale but I’m glad I managed to achieve it.” **Mauro Colagreco**

Buildings

Constructing or renovating a building invariably raises environmental issues. Nowadays, many tools, materials and techniques can effectively limit energy loss and build eco-responsible buildings. A few areas to focus on:

- **VOC-free paints (volatile organic compound), solvent-free adhesives, natural pigments;**
- **Natural insulation (wood wool, sheep wool, expanded cork etc.);**
- **Heat recovery from ovens for boilers;**
- **Treatment of stones or facades with lime plaster;**
- **Solar panels;**
- **Double glazing in cooler areas;**
- **Orientation of the building according to sunshine, winds etc.;**
- **Use of screw piles for foundations rather than concrete slabs;**
- **Wood from sustainably managed forests.**

“When constructing our new building I tried to imagine everything in a way that would have the least impact on the environment as possible: a fully electric and well-insulated building, waste sorting, permaculture garden...” **Christophe Hay**



The issue of health standards

Did you know that the HACCP (Hazard Analysis Critical Control Point) system that assesses and controls food safety in professional kitchens is a method developed in the 1960s by a NASA laboratory, with the input of the agro-industrial firm Pillsbury, in order to guarantee, initially, the safety of astronauts' food?

The HACCP principles are now applied globally and underpin the European regulation on the hygiene of foodstuffs (see section F), but are they adapted to gastronomy, restaurant kitchens, and small-scale traditional artisanal and agricultural productions?

Are health standards compatible with eco-friendly gastronomy that would banish plastic, polluting transport, energy-intensive cooking or conservation methods?

"It will be difficult to quickly change these very standardized health procedures. Having said that, cooks can act on their orders. Being responsible entails buying only what is ethically acceptable [...] Awareness has been raised and cannot be ignored. I have faith in the individuals and in their ability to self-regulate to preserve resources." **Alain Ducasse**

Cleaning products

In a professional kitchen, all the machines and workstations, cooking stations and storage stations must be regularly cleaned and disinfected. Traditional, highly corrosive cleaning products are as harmful to the environment as they are to employees. It is preferable to opt for more environmentally friendly brands, although they are not always effective enough.

D PILLARS OF RESPONSIBLE GASTRONOMY

"Household products are a real problem. 'Green' products do not do the job properly, they scale up the machines and we cannot meet the levels that health and safety standards requires. Every month, a lab comes in to do surface sampling, and everything has to be impeccable. Having said that, washing machines consume much less energy and water, and the dosage of the products is better than in the past. It's a lesser evil." **François Pasteau**

Water

It is essential to reduce water consumption in kitchens:

- **Avoid the abundant 'washdowns' at cleaning time;**
- **Choose low-water consumption sinks (5l for 100 heads).**

As for the water served at tables, habits can also be altered. Bottled water is 100 to 300 times more expensive than tap water and requires transportation that generates carbon emissions; only one in two plastic bottles are recycled. It is therefore recommended to:

- **Reduce the use of plastic bottles;**
- **Install permanent water filters to serve tap water;**
- **Do not empty carafes in the sink: reuse water for plants or washing-up.**

"We are constantly trying to reduce our water consumption. Firstly, in the garden by not watering our land and letting mother nature do her work, even if sometimes the garden gets ever so slightly toasted in the sun. We did note, however, that lack of water tends to stress plants and make them more robust and tastier. In the kitchen we try to focus on steam cooking without adding water. The water contained in the plants creates the steam. It carries a scent and allows us to use our leftover herbs whilst saving water at the same time. Our customers are very fond of this type of cooking for lobsters, but are sometimes perplexed when a quail with transparent skin is placed in front of them... It is the tenderness and fragrance of the flesh as well as the explanations provided by waiting team that end up convincing them."

Sang-Hoon Degeimbre

Energy

The possibilities for more efficient and less energy-intensive material are increasing.

For example, you can choose:

- **An electricity supplier invested in alternative sources of energy;**
- **An energy-saving lighting system;**
- **Cold rooms with CO2;**
- **Electric ovens and 'variocook' ovens that only use the amount of energy required;**

"You also have to think about electricity... I'm with Enercoop. They guarantee that my money goes to green energy. One has to be honest, we can't be 100% green, and we're still very much dependent on nuclear power. I have two electric vehicles too which are less pollutant, nevertheless." – **François Pasteau**

Waste management

Only a tiny percentage of the leftover food is turned into compost: much of it ends up in landfills and represents a large part of municipal solid waste. Landfill methane emissions are one of the major sources of greenhouse gas emissions from the whole food sector. (Source FAO)

Each professional kitchen should introduce waste sorting: separate bins, compost bin, recycling and reusing cardboard and crates...

"The first thing that was indispensable for me was waste sorting. I put three thousand-litre composters on our land and therefore recycle our green waste and set up delivery crates with our small-scale producers in order to reduce crates, cardboard and polystyrene."

Christophe Hay

7. Collaboration and ethics

A serene working environment

It is a fact that catering trades are particularly exhausting and demanding, and the pressure is constant. It is even more essential to create a calm and caring environment so that everyone can work in the very best conditions:

- Fair treatment of all employees;
- No screaming, reprimanding, or bullying;
- Regular and acceptable schedules;
- 2 consecutive days of rest per week minimum;
- Breaks that are long enough;
- Rest areas for short breaks;
- Balanced and tasty meals.

"We are very busy at lunchtime at the restaurant so we decided to balance it by offering lighter food in the evening, dishes that do not require lengthy preparation, which allows us to start cleaning earlier and close the kitchens at 10 pm. The restaurant is closed on weekends, and every employee has one free evening per week. For the team's lunch break, we always prepare a decent meal, although it's not always easy to take more than 20 minutes for lunch." **Manon Fleury**

"What I do in my vegetable gardens is very precise, very pure, it goes far with nature, and it is, of course, much more expensive than producing organic products on an industrial scale. Gastronomy is the only sector that can support this kind of work. I can always go further with chefs." **Dries Delanote**

"The real cost of a product is the one that the producer has set and which he deems necessary to keep his business going and to ensure a diversity of products. I often hear restaurant owners saying that customers are not willing to pay for a more expensive menu and that is why they remain loyal to their wholesaler. But if we bother explaining that a menu is made up of healthy, local products that keep farmers afloat, clients won't mind the few extra bucks." **Lauriane Durant**

"The majority of products we use at Magna come from nearby traditional communities, the Caiçaras and Quilombolas. They harvest and gather all that nature has to offer: vegetables, animals, minerals. Their ways of life are interwoven with nature. By buying their products, we support their cultures, their ways of life, and their efforts to work along with of nature and to preserve it." **Marco Soares**

Fair compensation for suppliers

If the world of gastronomy is responsible for anything, this is it : maintaining healthy, nurturing and regenerative agriculture to sustain 'good, clean and fair food', as advocated by the Slow Food movement.

While the general public does not necessarily have the means to treat themselves to rare vegetables, line-caught wild fish or meat from the finest breeds, gourmet restaurants can pay whatever the price. Even better: they must pay a fair price for the products provided to them by organic farmers. They then become the driving force of a virtuous food system, acting to preserve natural ecosystems.

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FEEDBACK, IDEAS AND INITIATIVES





Eric Jacquier

the green fisherman

Born on the shores of Lake Geneva (the purest and largest freshwater reserve in Europe), Eric Jacquier knows all the secrets. As an ardent defender of nature, he knows how to pick his fishing spots, feel the wind and calculate the moves of the fish. A prolific inventor, he equipped his fishing boats with water tanks (to bring back fish alive), developed a special machine to assemble his huge nets, and designed, in addition to his traditional boats, a silent eco-boat with hybrid propulsion equipped with solar panels, which respects aquatic fauna and flora. He also looked at the issue of recycling fishing nets. His research struck a chord with Triveo, a company working along with the circular, social and solidarity economy principles, which pools skills in the field of transforming complex plastic waste. The specific machines developed by Eric Jacquier to reuse nets were quickly integrated into the Triveo workshops, creating jobs for people in professional reinsertion schemes. To date, over 150 km of nets have been successfully recycled.

● <http://www.triveo.fr>

David Royer

beehives and herb gardens

"We are in the process of setting up a number of projects that we feel strongly about: making our vegetable garden a permanent feature which is set to provide the bulk of vegetables for the kitchen as well as creating a garden of aromatics and other edible plants behind the restaurant. It will help us supply the kitchen with fresh herbs but also offer our visitors the possibility of a floral and multi-sensorial walk after enjoying their meal. We also planned to install a dozen beehives, with a view to inviting pollinators to our vegetable garden, to stimulate biodiversity, and to show customers (who can see the beehives from the hotel) that bees are vital to our environment and to our food..."

● <https://www.castelach.fr/le-restaurant/>

Nadia Sammut

the sourcing network

"I am working on establishing small-scale agricultural platform: a network of suppliers, farmers, breeders and fishermen around whom the supply chain is structured. The idea is to pool the needs of several friends of the region – restaurants, shops, canteens – to optimize transport, journeys and deliveries. By next year, I hope to have also created a small market in my farmyard to give people the opportunity to enjoy these quality products purchased directly from producers. Supply is one of the central problems of any restaurant, which is why I integrated in my economic model, in addition to the 'gardening' and 'cooking' positions, a 'supply' position because this work is an integral part of the experience that we give to our customers: it plays an essential role in guaranteeing the freshness and traceability of products, collaboration with producers and the zero waste approach..."

● <http://www.aubergelafeniere.com/la-cuisine-libre>

Hugo Roellinger

the importance of seaweed

"Poultry-based stocks have always been one of the backbones of French cuisine, and our kitchen used to have a lot of recipes with them. But it really bothered me to use beautiful poultry this way, without eating it. I turned to seaweed, which can convey a wide range of flavors and lots of umami to a broth. Today, seaweed broth is the cornerstone of our cuisine. Which doesn't make our recipes Japanese in any way: these seaweed come from our shores, they are part of our creative territory, the coast of Cancale that smells of iodine and sea spray. In the end, seeking the taste of our territory, by amplifying the vegetal and maritime dimension, has naturally led us to a more sustainable cuisine. "

● <https://www.maisons-de-bricourt.com>





Eric Guérin catfish

"In our region, freshwater fishermen often catch catfish (silure) that they let die and throw back into the water because no one wants them. The catfish is a wild fish that is in abundance and devours other species. I learned to work this product, which yields great results if it is given proper attention: 'peat-smoked catfish back' or 'catfish quenelles with nettles' are two examples of dishes that I created. The price fluctuates around 4 euros per kilogram, and it disgusts me when it is wasted only to then buy fish that come from far away, like panga that children are fed with at school."

● <http://www.mareauxoiseaux.fr/restaurant/>

Philippe Hardy the awakening of consciousness

"The awareness came to me in 1993, in Bulgaria. The Berlin wall has just been taken down, Western Europe was already bathing in overconsumption and intensive agriculture. As a chef of the French Embassy in Sofia, I had to find products for the residence menus every day. Coming from France, it came as quite a shock: no real agricultural sector was in place, fresh products were scarce, everything was imported. It was on that day that I realized I was privileged, but as nothing is irreversible, I took my pilgrim stick, I crossed the countryside, found fishermen, farmers, breeders and organized a short food supply chain for the Embassy. I even went as far as buying whole beef carcasses and curing and deboning them myself. That's how I became aware of my role, my duty and my power as a cook, but also of the incredible importance of farmers for our profession. Without them, we are nothing. "

● <https://lemascaret.fr/>

Armand Arnal garden time

"We work in symbiosis with our vegetable garden cultivated in permaculture. Some plants may not be able to withstand the weather. Sometimes we lose crops, and the kitchen is turned upside down. These are difficult and frustrating times. In general, working directly with a vegetable garden means taking the time to have products that are fully ripe without growing impatient. It means become aware of what nature offers to us and creating something with it."

● <http://www.chassagnette.fr/>

Alessandra Montagne the garden and the leftovers

"When I can, I go and pick my vegetables myself in the garden, it allows me to get in touch with the real world, nature, air and light. We work with 'Zone sensible', an urban permaculture farm in Saint-Denis. It's hard to get any more local than that. When the gardener comes with the delivery, we give him back his crates. And we installed a compost bin behind the kitchen to dispose of organic waste. When I started the compost heap, my team looked at me like I was crazy at first but it didn't take long for everyone else to go along. Today, I get shouted at if I make the mistake of throwing coffee grounds in the normal bin! That said, it would be very nice if the town hall installed public solidarity fridges in the streets, so that restaurants could put their leftovers or products that are nearing their best-before date... Some countries have put in place such a system and it serves many disadvantaged people!"

● <http://www.tempero.fr/>

● <https://www.parti-poetique.org/>

Alexandre Mazzia

the compost issue

"Three years ago, we started a compost heap at the restaurant. It came very naturally with a desire not to waste anything. We work closely with a local vegetable grower named Jean-Baptiste Anfosso, who provides the majority of the vegetables we cook, and we only put the peelings from his products into the compost heap. When he comes to deliver, he goes away with his compost. It's an obvious virtuous circle. Still, when the health inspector discovered our compost, she was horrified. She told us that something like that was banned in a professional kitchen and threatened to shut down the restaurant if I did not get rid this 'filth'. I spent a long time trying to reason with her. I explained to her that it was natural fertilizer, perfectly healthy. She ended up looking elsewhere, but it just goes to show how health standards can be at odds with the most basic ecological principles!"

● <http://alexandremazzia.com/>

Emmanuelle Marie

zero waste tide

"When I started making my deliveries in Paris, chefs would unpack crates and baskets and chuck all the packaging in the bin, right in front of me, when I had just prepared the parcels! It drove me mad. Over the course of time, I asked whether I could pick up the boxes at the risk of looking like a cheapskate. No one saw the ecological aspect at first! Now everyone is used to it, and the chefs even keep the crates for me to pick up on my next delivery."

"There's still the problem of shells, which can represent huge volumes of waste: I give them away when I can to people who are doing work to fill in the holes in their field or to strengthen foundations. Some communes during the holidays organizes a pickup event because crushed shells make very good fertilizer. But nothing has yet been organized on a long-term basis. In Paris, it would be interesting to put forward the idea of a pickup event because the city is large enough to do it and for oyster or scallop shells to be made use of, especially in construction."

● <https://www.facebook.com/jeromepetitelaurea>

Alice Waters

Slow Food and the power of taste

"I met Carlo Petrini, President of Slow Food International, 25 years ago. At the time, my ideas about taste and food revolved around Chez Panisse and California, but I had no idea that there was an international movement that bore these values. Becoming involved in Slow Food really empowered me and validated the work I was doing. I was determined to win over people with taste. I still believe that all the values of biodiversity and sustainability can be passed on through taste."

NB: Alice Waters is the Vice-president of Slow Food International

● www.chezpanisse.com/

Mauro Colagreco

A sanctuary of seeds in Argentina

"My current project is to set up a 'sanctuary' in Argentina to preserve endangered plant species. To this end, I mobilized many chefs who are friends of mine. The first step is to build a seed bank, then reintroduce these cultivars to local populations and showcase the producers so that they are proud of their work."

● <http://www.mirazur.fr/>



Virgilio Martinez

Mater Iniciativa in Peru

"We launched Mater Iniciativa five years ago in a bid to list Peruvian food and traditional products. The desire to cook local products heightened our curiosity for Peruvian biodiversity, and this one is immense! The products we gather and reference are rich in human stories and valuable scientific data.

With Mater Iniciativa, we strive to lend meaning to Peruvian cuisine because if we want this cuisine to retain its appeal and continue to grow, we must invest in studies on this matter, formalize research and be always more curious to grasp all the riches of our country."

● <http://www.materiniciativa.com/english.html>

Hélène Reglain

her jewellery-vegetables

"One of the chefs I supply found my rates a little high at first, but today he 'thanks' me for paying that price for my vegetables because he learned to make good use of the product in its entirety (leaves, peelings etc.) and this opened up other tastes and textures to him. My prices, which are on the higher end, allow me to continue to work and help to make chefs aware of the value of the product. One of the chefs I supply even calls my vegetables 'jewels'!"

"I believe in taste to help raise awareness about the need to eat better. Matters such as nutritional values or the absence of pesticides cannot be quantified or immediately detected by people, whereas taste is something that is immediately compelling for people. You can tell straightaway whether one product is tastier than another one."

● <http://lafermedartaud.fr/>

Grégory Delassus

good ideas for cooks and farmers

"Why not create an online dating service for responsible gastronomy? Profile A: 'I'm a cattle breeder with pretty organic and well-bred red cows' matches with profile B: 'I am a sensitive, socially engaged chef and I love good meat'!"

"The idea of distances for direct sale should be relaxed. In my case, for example, the regulations stipulate that I cannot deliver more than 80 km from my farm. If this regulation were to be loosened up, it would help to strengthen the direct relationship between producers and restaurant owners."

● <http://fermedubeaupays.com/>

Lorenzo Loseto

truly sustainable agriculture?

"Most of us consider sustainable agriculture to be a solution, but we still have to ask ourselves whether sustainable agriculture as we know it is really sustainable. I like the idea of a small farm that grows vegetables or breeds animals in a way that is respectful of nature to feed a small part of the local population. It's great for a chef like me or for the happy few who have access to it, but most people can't afford to buy cheese for 60 dollars a kilo. True sustainability must also nourish the masses."

● <https://georgeonqueen.com/>

Christopher Coutanceau

activist chef for the protection of the ocean

"Our priority is to continue our fight, to protect endangered marine species and to mobilize against other types of threats to the sea, such as pollution, overfishing, etc... In January 2018, with the association Bloom, we wrote an open letter against electric fishing signed by more than 300 chefs in 21 countries. Today I would like to make my peers aware of fishing on spawning grounds at the height of the reproductive periods of stone bass, sea bass, sole... The measures taken to limit bluefin tuna fishing have yielded tremendous results in term of restocking the species. Biological rest and reproduction periods must be respected. It is a herculean undertaking. We are coming up against lobbying and corrupt policies. But now that electric fishing has been banned, we can commit to the next issues."

● <https://www.coutanceaularochelle.com/>

Lauriane Durant

Lauriane Durant

the redistribution of agricultural premiums

"Today, every French person pays an average of 500€ a year for the pollution control and health care tax, due to the consumption of products from so-called conventional agriculture. This type of agriculture only survives because of the infamous "land premium" CAP (Common Agriculture Policy): the more land the farmer has, the more bonuses he gets, which generates a race for land accession without any thought about the use and the fair distribution of these parcels. If we stopped giving bonuses to the polluters, organic and agroecologically grown products would definitely become the most competitive. It is the buyer and the cook's responsibility to choose which system he would like to support, and just a few can reverse the trend".

● <https://www.ferme-vieux-poirier.fr/>





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CONTACTS, LINKS AND RESOURCES

SUPPLIERS/EQUIPMENT

Polypropylene boxes and containers, 100% recyclable, useful in particular for fish and meat deliveries.
<https://www.karton.it/en>

single-use biodegradable gloves.
<https://www.showagloves.com/showa>

Compostable plastic films and pastry bags.
<http://www.biobag-france.com>

disposable bowls and utensils made from palm leaves, 100% compostable and non-toxic.
<https://www.verterra.com/>

Household cleaning products
<https://www.ecover.com/fr/> ● <https://wmpof.com/fr/fr/home.html> ● <https://bioveba.com/>

Water-saving laundry machines
<http://www.hobart.fr/>

PROVIDERS

Organic waste collection and composting
<https://www.moulinot.fr/site/> ● <https://alchimistes.co/> ● <https://www.vepluche.fr/>

Collection of waste oils
<https://www.oleovia.fr/>

Energy supplier that supports local co-ops and/or renewable energy networks
<https://www.enercoop.fr/>
<https://groupevaleco.com>

Official directory of notified operators in organic farming
<http://annuaire.agencebio.org/>

CHARTERS, LABELS AND TRAINING

Slow Food Cooks' Alliance
<https://slowfood.fr/alliance-cuisiniers-reseau-slow-food-restaurants-produits-locaux-alimentation-biodiversite/>

Culinary College of France
www.collegeculinairedefrance.com
<https://www.restaurantdequalite.fr/ecole-hoteliere-et-cuisine-charte-de-saisonnalite>

Slow Food Movement
<https://www.slowfood.com/fr/>

French group of the independent professionals in the restaurant, hotel and catering sectors
<https://www.synhorcat.com>

Ecocert label
<http://www.ecocert.fr>

Ecocert Cuisine label (collective catering)
<http://labelbiocantine.com/>

Ecotable association
<https://ecotable.fr/fr>

Good for the Climate Charter
<http://www.bonpourleclimat.org/wp-content/uploads/2015/05/Charte-Restaurant-Bon-pour-le-climat-2017.pdf>

Carbon Footprint Calculator
<http://www.bonpourleclimat.org/calcul-empreinte-carbone/>

F CONTACTS, LINKS AND RESOURCES

Sustainable restaurants guides

<https://www.linfodurable.fr/conso/ou-et-comment-trouver-un-restaurant-eco-responsable-9429>
<https://www.placetobio.fr>

Relais & Châteaux Manifesto

https://static.relaischateaux.com/data/editorial/home/manifeste/confidentiel_relais-chateaux_manifeste.pdf

To choose your fish well and stay informed about fish resources

<https://www.mrgoodfish.com/> • <https://www.ethic-ocean.org/> • <http://www.bloomassociation.org>

Ecocook, a sustainable restaurant certification program

<http://www.ecocook.com>

Etiquet'table, collaborative application for sustainable cooking

<https://etiquettable.eco2initiative.com/>

Training in sustainable construction

<https://www.mooc-batiment-durable.fr/>

ADEME training in the environmental performance of food products

<https://www.fun-mooc.fr/courses/course-v1:ademe+135002+session01/about>

LEGISLATION AND STANDARDS

Egalim Law (Law governing the balance of commercial relations in the agricultural and food sector and healthy, sustainable food accessible to all)

<https://www.legifrance.gouv.fr/affichTexte.do?cidTexte=JORFTEXT000037547946&dateTexte=20190301>

Regulation (EC) on the hygiene of foodstuffs:

<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32004R0852&from=EN> Corrigenda:
<https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2004:226:0003:0021:EN:PDF>

Health standards

<http://www.haccp-guide.fr/>

STUDIES AND ANALYSIS

WWF report on low-carbon, healthy and affordable food

https://www.wwf.fr/sites/default/files/doc-2017-11/171109_rapport_vers_une_alimentation_bas_carbone_saine_abordable.pdf

Study on the carbon impact and nutritional quality of food in France (2013)

<https://agriculture.gouv.fr/impact-carbone-et-qualite-nutritionnelle-de-l'alimentation-en-france>

Climate/agriculture and Food Action Network

<https://reseauactionclimat.org/thematiques/alimentation/>

ADEME Guide: Eating better, wasting less for a healthy and sustainable diet

<https://www.ademe.fr/sites/default/files/assets/documents/guide-pratique-manger-mieux-gaspiller-moins.pdf>

ADEME Guide for sustainable event restaurant services

https://www.ademe.fr/sites/default/files/assets/documents/ademe_restaurant_evenementielle_planche_bd_010339_002.pdf

Study on the energy and carbon footprint of food in France

http://www2.centre-cired.fr/IMG/pdf/empreinte-carbone_alimentation_france_vf.pdf

FAO Report on food biodiversity: The State of the World Biodiversity For Food and Agriculture (February 2019)

<http://www.fao.org/3/CA3129EN/CA3129EN.pdf>
Summary of the FAO report mentioned above: <http://www.fao.org/news/story/en/item/1180463/icode/>

Ocean, climate, plastic

<https://www.nomoreplastic.co/>
<http://www.bloomassociation.org/wp-content/uploads/2015/11/Le-petit-guide-Oc%C3%A9an-Climat.pdf>

Afterres Solagro Scenario
<https://afterres2050.solagro.org>

Le Recho, a model for exemplary catering
<https://www.lerecho.org/>

IN ENGLISH

Carbon Foot-Print calculator
<http://www.foodemissions.com/foodemissions/Calculator.aspx>

Sustainable Restaurant Association and awards
<https://thesra.org>

Step-by-step guide to phasing out available (PDF can be downloaded)
<https://thesra.org/campaign/plastics/>

Ecocook, Sustainable Restaurant certification program
<http://www.ecocook.com/en/>

European laws regarding hygiene in the food industry
<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:32004R0852&from=FR>

Drawdown, the most comprehensive plan ever proposed to reverse global warming
<https://www.drawdown.org>

Food in the Anthropocene: the EAT- LANCET commission on healthy diets from sustainable food systems
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext)

BOOKS

Manger et cuisiner éco-responsable
François Pasteau, Hachette Cuisine 2017

Manger est un acte citoyen
Alain Ducasse et Christian Regouby, Les liens qui libèrent, 2017

L'art de la cuisine simple
Alice Waters, Actes Sud, 2018
The Art of Simple Food
Alice Waters, Clarkson Potter, 2007

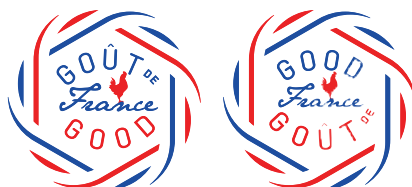
Le grand guide Slow Food des produits du terroir français
Plume de Carotte, 2018

Les Semences en question
Catherine Flohic, Ateliers de l'Argol, 2018

L'Océan est notre avenir
Fanny Agostini, Ed Gaillard, 2



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