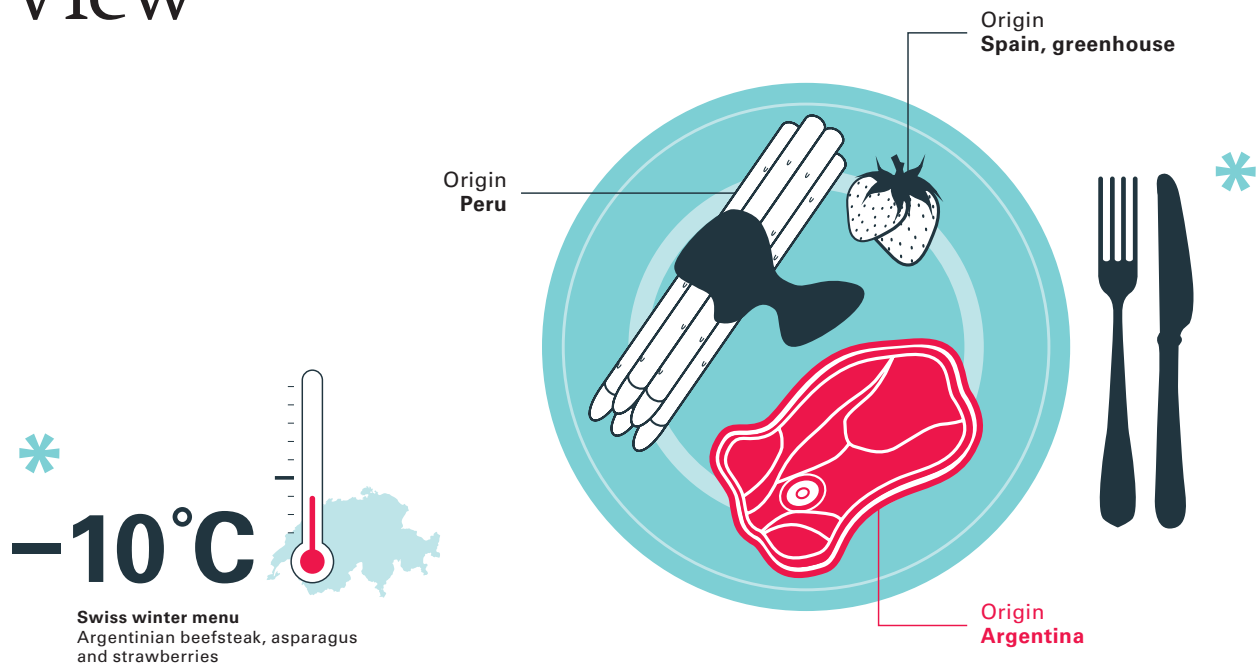


Culinary Delights

Taking a broader View



Strawberries and asparagus in winter, fish from Vietnam and steaks from Argentina – nowadays, everything is available all the time. But the production of such food often has a significant environmental impact, including aerial emissions such as CO₂ and other greenhouse gases as well as emissions into soil and water, such as fertilizers, pesticides and hormones. It also includes energy, water and land consumption as well as food waste. Food is responsible for just under one third of our private environmental impact in Switzerland ([WWF Switzerland, 2016](#)). As consumers we can reduce such negative impacts through our shopping behaviour and our choices of recipes.

As consumers, we can reduce such negative impacts through our shopping behaviour, our food and choice of recipes. We have collected a few tips for sustainable food and drink:

1. **Regional and seasonal – the best choice**
2. **Fair trade foods**
3. **Meat: Making more out of less**
4. **Tap water instead of mineral water**
5. **Refilling instead of throwing away**
6. **Food labels**
7. **Sustainable catering**

1. Regional and seasonal – the best choice

Choosing regional and seasonal fruit and vegetable from open land production avoids transportation detrimental to the climate and helps to preserve local jobs, the local economy and the local countryside.

- The WWF chart of the seasons for [fruits and vegetables](#) shows you at a glance which fruits and vegetables are currently in season.
- Minimize foodstuffs that are transported by air.
- In particular, Basel's weekly markets offer a large number of tasty regional foodstuffs:
 - [Town Market on Market Square](#) (Monday to Thursday 7:00 am to 2:00 pm and Fridays and Saturday 7:00 am to 6:00 pm)
 - [St. John's Market](#) (every Saturday from 9:00 am to 2:00 pm)
 - [St. Matthew's Market](#) (every Saturday from 8:00 am to 1:00 pm)
 - [Gundeli market](#) (every Saturday from 8:00 am to 1:00 pm)

2. Fair trade foods

Fair Trade stands for fair trading with the objective of achieving just living and working conditions for plantation workers all over the world. Specifically in countries in Africa, Latin America and Asia, the aim is to use Fair Trade to mitigate the poverty of the population and promote self-determined projects to strengthen family and social structures.

Fair Trade labels (e.g. [Max Havelaar](#), [Gepa](#)) ensure that these producers can work under humane conditions with reasonable pay. For example, the coffee, ice tea, lemonade and chocolate bars in the canteens and cafeterias at the University of Basel are Fair Trade certified.

3. Meat: Making more out of less

The average annual per capita consumption of meat in Switzerland totals approx. 51.4 kg. The production of meat requires huge amounts of water, is particularly energy intensive and places exceptional burdens on the climate. 48% of all nutrition-related greenhouse gases are caused directly and indirectly by meat and animal products ([WWF Switzerland, 2016](#)).

By putting vegetables, pasta and also pulses on the menu instead of meat (e.g., [with the vegetarian menu of Basel cafeteria](#)), it is possible to considerably reduce everyone's ecological footprint. Well balanced, meat reduced diet contributes to maintain good health.

4. Tap water instead of mineral water

Consumption of drinking water from the tap is more than 450 times more ecological than the consumption of uncooled, still mineral water from bottles ([ESU Services 2014](#)). Tap water in Switzerland is of excellent quality. Very strict quality requirements apply that are more often monitored than with any other foodstuff.

- Use tap water instead of buying bottled water. You can take a jug, glass bottle or other refillable bottle to your office or lecture and refill it time and time again.
- If you prefer carbonated mineral water: Use a water carbonator to carbonate your tap water. Otherwise give preference to mineral water from the region in 1.5 liter PET bottles. Glass bottles are only more ecological if they are taken back by the manufacturer and refilled ([Jungbluth et al 2012](#)).

5. Refilling instead of throwing away

Disposable cups, boxes and bowls fill the rubbish bags also at the University of Basel.

- Drink your tea or coffee in the canteen or cafeteria from a reusable cup instead of from a disposable one
- Use your own coffee cup or thermos cup and have it filled up in one of the canteens.
- More information on the topic of waste avoidance at [reCIRCLE.ch](#).

6. Food labels

Increasing numbers of consumers give preference to ecological and fair trade foodstuffs and base their choices on labels. Various guides help you find your way through the jungle of labels:

- The [label guide](#) provided by the Foundation for Consumer Protection, the Swiss animal welfare organization STS and the WWF offer assistance in the area of food (also available as a [smartphone app](#))
- [Labelinfo.ch](#) is a guide provided by the Information Bureau for Social and Environmental Labels of the Foundation for Practical Environmental Protection Switzerland (Pusch).

7. Sustainable catering

Try to put the above tips into practise at your next workshop or your next event, too.

- Expressly ask catering firms about these points. This checklist will help you.
- Further tips and addresses for sustainable catering can be found in [our event guide](#) or on [clean-events.ch](#).

"Think further ..." stands for sustainable thinking, planning and acting at the University of Basel. More information can be found at [Sustainability at the University of Basel](#)