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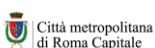
SSPICE IT!

Sustainability Skills Program for International Catering
operators and Entrepreneurs through Integrated Training

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CIPFP CAMINO DE SANTIAGO
ESCUOLA DE HOSTELERÍA & TURISMO DE LA RIQUA



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Preface of the SSPICE IT! training

GLOBAL CONTEXT

It is undeniable by now that climate change is one of the main issues humanity has to face. The model on which human activity has increased in the past decades has led us to the colossal challenge of changing the ways we develop, produce, consume and operate in many areas of our daily lives today.

The consequences of global warming have an obvious impact on meteorological conditions. We witness more and more floods, droughts and wildfires, and global temperatures have risen at a worrying pace. But other aspects of our lives are also threatened by this unprecedented climate crisis. Poor air quality and re-emerging diseases, for example, directly affect our health. Agriculture and fisheries, which rely on regular climate conditions, are not always able to adapt to the rise of weather uncertainties. Buildings and infrastructures are sometimes damaged by storms or floods.

In the past years, collective awareness around the topic has increased and actions have been implemented on both individual and institutional levels. Organizations around the world sound the alarm and encourage us to take action in order to reduce the damage and turn the tide as much as possible.

As the collective desire for change increased, aims of elected representatives and international institutions have shown more dedication to addressing climate issues. For this purpose, the United Nations have included many goals for sustainability in the 2030 Agenda, such as *affordable and clean energy, responsible consumption and production and sustainable cities and communities*.

CLIMATE CHANGE AND THE FOOD SECTOR

We know that the food we eat and the way we produce it have an impact on the environment. Meat production, for example, needs a great amount of grasslands, which requires cutting down trees. In addition, livestock breeding and meat production involve much more water than plant-based foods such as whole grains, vegetables or lentils. On top of that, livestock farming is also a major consumer of cereals. But even lower-emissions foods, like fruits or nuts, do pollute by the way they are transported and packaged. The various methods of waste management have a greater or lesser effect on the environment, too.

The catering sector is known for having a significant environmental impact, from food waste and energy consumption to single-use plastic and water usage. Restaurants, have thus a key role in remodelling consumer behaviour and attenuating their environmental repercussions. And if restaurants communicate about their ecological initiatives, consumers are likely to learn from them and adopt similar behaviours in their daily lives. Eventually, sustainable practices could have a ripple effect and become more of a spontaneous choice for everyone.

By adopting sustainable practices, the catering sector can also contribute to strengthen food security at a more local level. If restaurants support local food systems, relying less on global supply chains, not only do they reduce carbon emissions caused by long transportation, they also guarantee food supply in case of disruptions or crises in other regions.

It isn't an easy challenge, but as global awareness about sustainability grows, an increasing number of initiatives continue to be developed in all regions of the world. As a matter of fact, each of us can contribute to reshaping the way we eat!

WHO ARE WE?

SSPICE IT! is an European project (Erasmus+) conceived and carried out by seven partners in six European countries (Belgium, Greece, Italy, Portugal, Romania and Spain). This consortium represents the world of vocational education but also of research and entrepreneurship:



This manual is the result of our collective effort towards the creation of a quality greener future. We truly hope that you will benefit from this training and proudly be part of the solution our planet needs!

Yours,
The SSPICE IT! team