

Harness your food related purchasing power

The University focuses a lot of effort on food sustainability and this is reflected in a number of awards that have been received in this area. Here are a few ideas on how you can reduce your environmental impact when buying food at work.

Buy your weekly vegetables through the campus veg box scheme

In 2011, the University supported a start-up cooperative, Manchester Veg People, whose aim was to increase the number of organic veg growers in and around Manchester. The cooperative required a reliable buyer committed to food sustainability and supporting the local economy. Now the University spends around £40,000 a year on local, organic, seasonal veg from in and around Manchester. Staff and students can purchase a weekly veg box from Manchester Veg People and pick it up on campus. For more information and to order your box visit [Veg Box People](#).

Eat less meat

The Intergovernmental Panel on Climate Change found that dietary change towards eating less meat can “[substantially lower](#)” emissions. Chatham House has published research on this [here](#). Vegetarian and vegan options can be found at many outlets on campus, including a specific vegetarian restaurant, The Greenhouse. The University supports Meat free Mondays, where there is 50% of vegetarian food on Mondays in the Students’ Union Bar. A map of all FoodOnCampus outlets can be found [here](#).

Eat leftover lunches

Several teams around the University make reducing food waste a social activity by bringing in their leftovers from home and having a sharing leftover lunch.

Visit the street market

During term time, the University hosts the popular Levy Market on campus next to Manchester Museum. Here you can buy a wide-range of food from small, local suppliers. To find out when the next market is being held, visit [FoodOnCampus](#) or [Levy Market](#).

The University’s commitment to sustainable food

The University is committed to ensuring animal welfare and environmental standards are as high as possible. As a result:

- All of our eggs and chicken are free range.
- All our fish appears on the [Marine Conservation Society](#) approved list and we have signed the [Sustainable Fish City Pledge](#).
- We have introduced hug mugs to reduce the amount of disposable cups that are used, if used on campus there is a 20p discount on all hot drinks or soup.
- The University’s FoodOnCampus is frequently award winning, holding a Food Made Good award from the Sustainable Restaurant Association as well as the best food waste strategy accolade from the Sustainable Restaurant Association.

Your notes

Remember, you can add additional evidence to your action plan at www.manchester.ac.uk/10000actions