



Eat 100% organic without extra costs

MOUANS-SARTOUX

Population

10 000 inhabitants

Situation

Between Cannes and Grasse, Alpes-Maritimes, French Riviera

Cantines

1 050 guests a day
3 school groups
1 kitchen per school

100% organic

- Effective January 1, 2012
- 80% reduction food waste
- Constant budget

Food supply

- Haute-Combe municipal farm (6 hectares which 3,5 ha are cultivated)
- 3 employees
- 25 t of vegetables/year,
85% autonomy in canteens
- Public market divided into 24 lots

Food Project territorial (PAT)

2016 : creation of MEAD (Center for Sustainable Food Education)

First, why eating 100% organic? The answer is simple. Because eating partially organic on one side and taking the risk of ingesting pesticide residues on the other is not compatible. Also for three fundamental reasons, now validated by scientific research: sustainable food is good to contain global warming, good for guests' health and good for environment as much as biodiversity. Don't be afraid, we can do it for no more expensive... if we're a little smart!

CONSTANT BUDGET

Prices of organic products are usually higher than conventional ones, but there are several ways to contain the costs of organic and sustainable catering. Mouans-Sartoux shows that you can even reach 100% without spending more. The main levers to engage:

- **Reduce food waste** (read Action sheet #3). Between 2010 and 2015, the remains of meal tray per guest have been reduced from 147 g to 30 g. An opportunity to save 20 cents per meal that you can reinvest in food quality.
- Integration of a **market-oriented kitchen spirit** that adapts: raw, bulk, seasonal, ultra-fresh products..
- **No purchase without knowing the price** before the order.
- **Just-in-time commands** to avoid overstock and overshoot dates.
- **Reduction of meat** (two meals without animal protein per week).
- **Training kitchen teams** in new recipes and practices.

IF EVERYTHING ISN'T ORGANIC...

You just start in organic? Here are some tips to contain the costs

- Eating better doesn't come easily! Take time to **define a sustainable and quality food policy plan** that is adapted to the strengths and weaknesses of your area.
- Avoid "organic meal a week" operation that forces you to find every organic food all at once. Instead, **introduce a product family** on a permanent basis.
- Instead of buying a vegetables lot with just an organic variant, **separate into two lots**, organic and non-organic. In this way you will give opportunities to local producers to compete with wholesalers, sometimes even cheaper.

Daily 100% organic

How to proceed from the field to the plate?

ORGANIZATION

Municipal collective catering. Three school restaurants, one kitchen per school. Every kitchen is equipped with a legumery (vegetable room). Kitchen area assets are not necessarily more expensive than a central kitchen with satellites: adaptable positions, more fluid communication between teams (animators, cooks, technical staff), better nutrition and eating quality meals. Each site includes a team of six to eight cooks.

COST PRICE

Food raw cost for a meal in 2017: € 2.01. This amount is the upper part of the average cost recorded in France (from € 1.50 to € 2.00 according to the Agores network, for an average of 3% of organic). All inclusive price (including payroll, investments, amortization, fixed costs): € 8.53. Meal ticket price varies from family quotient: from € 2.00 to € 6.60 (median price € 3.32).

Train staff to :

- the objectives of food project.
- the introduction of vegetable proteins.
- diversification of recipes (richer in vegetables).
- Low temperature cooking modes.



Set up a legumery

The legumery -or vegetable room- is a great simple tool, inexpensive and easy to arrange.

You just need:

- A settling tank for washing, rinsing and decontaminating food.
- A service table and some tools to peel, cut, slice.



- 1 Supply** - Municipal farm provides 85% of annual vegetable needs. For the rest, the city uses public contracts and has included special selection criteria in its specifications: 40% for quality, 30% for environmental value and **only 30% for the price**.
- 2 Cooking** - Teams receive, peel and prepare raw products in the vegetable room. They are very used to preparing **fully homemade meals** from starter to dessert. No GMO, no processed products, the food plan includes the nutritional benchmarks of the National Health and Nutrition Program (PNNS).
- 3 Service** - Freeing from weight recommendations, the restaurant staff offer two serving sizes for each component: Small hunger, big hunger. Children eat according to their appetite. In return, they commit to finish their share and can even serve again. Even the fruits are proposed in portions: no more barely nibbled apples that you throw in the trash!
- 4 Food waste and cleaning** - At the end of the meal, the **leftovers are sorted by the children**, and weighed daily. Cleaning the kitchens is done **by steam**: exit the expensive and health dangerous maintenance chemicals.

70 % LOCAL

Eating organic is good, eating organic and local is better. The public procurement code prohibits expressly local origin mention in calls for tenders, but there are **tips to get close to your own area**. The first: allot the public market. In this way Mouans-Sartoux increased from 9 to 24 food lots. That allowed local producers to respond to one or more tenders. Second tip: introduce specific criteria, such as asking suppliers to visit their site or their farm once a year, check their carbon footprint, or know the type of fuel used during deliveries... This is how 70 % of Mouans-Sartoux's food supply could be relocated.

Certified Ecocert

Mouans-Sartoux public food policy came to a labeling process with Ecocert organization. The label "En cuisine" was created in 2013. It is the first french specifications dedicated to organic, local and sustainable practices in catering. It imposes criteria not only on the contents of the plate but on the establishment as well. It takes into account societal, environmental and public health issues. There are three levels of labeling. Mouans-Sartoux is certified level 3 (maximum).



Mouans-Sartoux
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Partnership

