

# KITCHEN

(Food Production)

## TRAVEL BETTER THANKS TO CIRCULAR ECONOMY

Tools to Support the Adoption of  
Circular Economy Practices in  
Tourist Accommodations.



For information on best practices related to table service, buffets, or catering, please refer to [the Food Services thematic fact sheet](#).



Reduce food waste by optimizing operations



Reduce the use of plastic and single-use products



Extend the lifespan of goods



Optimize residual materials management with equipment and procedures for sorting, packaging, and collecting, adapted to the different waste streams and dining areas



Image: Hôtel Albert par G5

## BEST PRACTICES

1

Reduce at the source (food waste, single-use items, and water consumption)



Develop menus aimed at reducing food waste

- Work with the events department to prevent overestimating meal quantities and adjust portions according to the typical guest profile
- Make the most of ingredients (e.g., prepare soups from wilted vegetables)
- Dehydrate wilted ingredients to preserve them longer
- Select versatile ingredients to minimize inventory and thus reduce food waste (e.g., tomatoes for sauces, soups, and salads)
- Reuse kitchen scraps to create new dishes (for example, turn vegetable peels into chips, use stems to make soups, sauces, broths, or pesto).



Perform a waste characterization or visual inspection to identify recoverable residual materials currently being discarded, and to classify and quantify food losses (e.g., recyclables, organics, items for donation, repairable equipment)

- It is possible to assess losses at different points in the establishment to identify trouble spots for waste reduction
  - › For example, identify whether food waste comes from leftovers, production losses, or overproduction



Establish strict purchasing procedures to limit packaged or overpackaged products unless it prevents food waste

- Prioritize large-format products (e.g., juice, condiments, sugar, salt, pepper, milk)
- Avoid using vacuum packs whenever possible, as they are often non-recyclable due to contamination



Install a thawing system—a self-contained unit that safely and efficiently defrosts food while drastically reducing water usage by recirculating it



Image : Auberge du Lac Taureau

## 2

## Extend the lifespan of equipment



Plan a maintenance schedule for refrigeration, cooking, and other equipment



Take steps to repair equipment in the event of a breakdown



### Donate surplus food to organizations



### Develop local partnerships for procurement and resource sharing, for example:

- Recover unsold food from local supermarkets and repurpose it (e.g., wilted vegetables)
- Share material resources (kitchen equipment) or human resources (staff) with other establishments or companies in the region, according to each party's needs



Provide a blue bin for recyclable materials and a brown bin for food scraps, placing them next to each waste bin



### Food waste recovery

- Animal feed → Donate leftover food to a farm or consider setting up an on-site chicken coop to feed the chickens
- Transformation into new products such as:
  - › Coffee grounds: used as a substrate for mushroom cultivation
  - › Brewer's spent grain: used as animal feed, processed into flour for bakeries or food processors, or converted into personal care products such as soap and other items
  - › Grape pomace: used to produce vegan leather
- Composting (on-site or off-site)
- Biomethanation or energy recovery



Identify all waste sorting bins with pictograms (in French only)

Create an on-site vegetable garden to supply the kitchen

# SAMPLE CASES

View all videos



Hôtel Château Laurier Québec  
(English subtitles available)

- Mushroom cultivation in a section of the underground parking lot, which will then be used by the kitchen



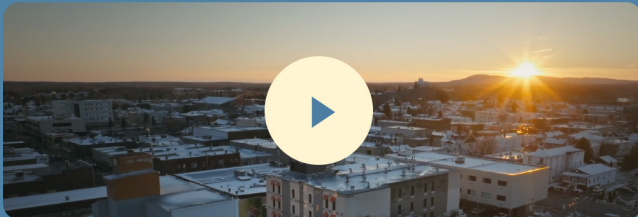
Auberge des 21  
(English subtitles available)

- Redesign of the inner courtyard to create a vegetable garden, whose produce will be used by the kitchen



Auberge du Lac Taureau  
(English subtitles available)

- Installation of a self-contained closed-circuit thawing system to significantly reduce potable water consumption



Hôtel Albert par G5  
(English subtitles available)

- Collect kitchen food waste using reused mayonnaise buckets as bins, and use the residues for pig feed



Hôtel & Spa Le Germain Charlevoix  
(English subtitles available)

- Recovery of kitchen food waste to produce on-site compost and fertilize the farmland on the premises, thus providing the kitchens with 40 different varieties of vegetables.
- Installation of a shelterbelt composed of fruit trees and other plants to supply the kitchen



# USEFUL TIPS

1

Replacing individual products with bulk or large-format products should not result in waste or loss of products, as the environmental impact of the product itself is generally greater than that of its container.

2

In general, biodegradable, oxobiodegradable, or compostable plastic items are not good alternatives to conventional plastic. It is preferable to choose a reusable option or remove the item, if possible.



Image: Manoir Belle Plage

# USEFUL RESOURCES

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Practical guide to perfect serving sizes (link to English site available):

<https://www.recyc-quebec.gouv.qc.ca/citoyens/mieux-consommer/gaspillage-alimentaire/>

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Food Storage A to Z:

<https://lovefoodhatewaste.ca/a-z/>

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“Meilleur avant, bon après?” guide (in French only):

[https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/agriculture-p-echeries-alimentation/alimentation/conservation-aliments/FI\\_Meilleur-avant\\_Bon-apres\\_MAPAQ.pdf](https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/agriculture-p-echeries-alimentation/alimentation/conservation-aliments/FI_Meilleur-avant_Bon-apres_MAPAQ.pdf)

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For more information on responsible procurement best practices, refer to the [Responsible Procurement Guide](#) and the tools available from the Réseau d’organisation pour l’approvisionnement responsables (ECPAR):

<https://www.ecpar.org/fr/ressources/nos-outils/>

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Tools to Help Manage Organic Waste (in French only):

<https://www.recyc-quebec.gouv.qc.ca/entreprises-organismes/se-conformer/matieres-organiques/>

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Downloadable visuals/pictograms for creating your own waste sorting posters (in French only):

<https://www.recyc-quebec.gouv.qc.ca/entreprises-organismes/performer/outils-guides-et-etudes/pictogrammes-signalisation/>

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