

FACT SHEET NO. 6

KITCHEN

(Food Production)

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

TRAVEL BETTER THANKS TO CIRCULAR ECONOMY

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



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, rent, and share



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

Recycle and compost



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



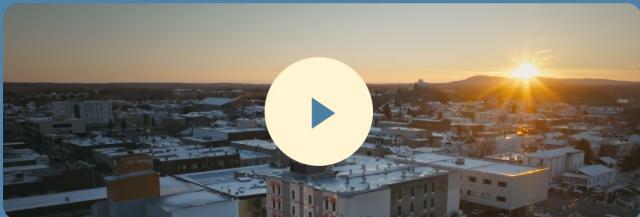
[Auberge des 21](#) (English subtitles available)

- 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

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

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

Food Storage A to Z:

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

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

https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/agriculture-pecheries-alimentation/alimentation/conservation-aliments/FI_Meilleur-avant_Bon-apres_MAPAQ.pdf

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/>

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

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

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

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

Produced by Stratzer, this tool was developed thanks to the collaboration and financial support of RECYC-QUÉBEC and the ministère du Tourisme, as part of the circular economy showcase project for the tourist accommodation sector.