



Moreland Sustainable Cafe Guide

Cafés, bars and restaurants across Moreland are adopting sustainable practices to reduce their environmental impact and energy costs.

There are many simple sustainability actions your business can take, from reducing energy use and food waste to offering low carbon menus and raising community awareness.

This booklet provides tips on simple ways to take action.

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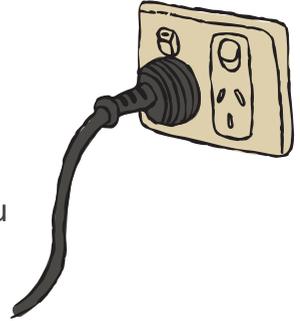
Moreland City Council

Save energy

Saving energy is a great way to save money as well as the planet.

Install a timer on your coffee machines so it's ready to go first thing. This could save you around \$820 annually and 4 tonnes of CO2!

Watch this video to find out how it works:



youtu.be/GaglowGEx5c

Practise smart refrigeration methods. Ensure fridges are well-sealed and maintain fridge temperature by keeping the condenser coil clean. If fridges contain non-perishable items, consider using a timer to turn them off overnight. Items stay cool in the fridge with the door closed while saving your energy bills.

Select the right kitchen appliances. Avoid unnecessarily oversized equipment and use energy-efficient appliances to save you energy and dollars. Check the energy star rating when selecting appliances.

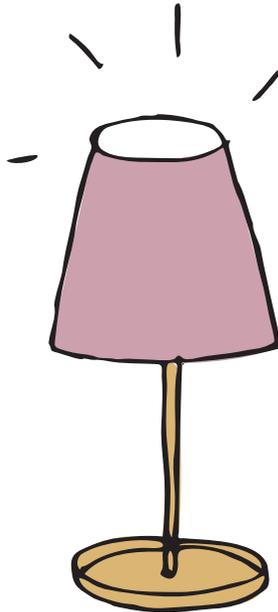
Cook efficiently by reducing idle times. Avoid unnecessarily opening the oven and cook with full capacity to optimise energy use. Instead of running hot water to thaw food, use a bain-marie or built-in heater.

Use LED lights and natural lighting where possible. Replacing halogen downlights with LEDs can save you up to 89 per cent on your lighting bills.

Check if you can save money on your energy bills by comparing retailers at compare.switchon.vic.gov.au

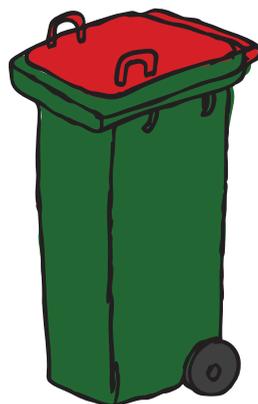
Keep your thermostat for heating between 18°C and 20°C and between 23°C and 26°C for cooling. Each extra degree increases energy bills by up to 10%.

Install solar panels to provide free, clean energy while the sun is shining. To find out more on funding options (even for those who rent their premises) and get an obligation-free solar quote visit positivecharge.com.au



Reduce waste

As a nation we waste four million tonnes of food a year. Some of this can be used to feed those in need. If your business often has surplus fresh food, why not collaborate with a food rescue organisation to do good and close the food loop.



Food Justice Truck

An award-winning, mobile fresh food market that enhances food security for people seeking asylum in the Victorian community by offering locally sourced produce at a 75% discount.

asrc.org.au/foodjustice/

OzHarvest

One of the leading food rescue organisations collecting quality excess food from all types of food providers and delivering it direct to more than 900 charities in Australia.

ozharvest.org

Second Bite

SecondBite works with over 1,200 community programs across Australia to redistribute surplus fresh food to people who need it most.

secondbite.org



Food sent to landfill decomposes and produces methane, a greenhouse gas with more than 20 times the global warming capacity of carbon dioxide.

Compost bins, worm farms and chooks love these scraps so it may be worth speaking to your customers and local community gardens to see if they want your waste.

These organisations offer a range of innovative solutions and training to help you deal with food waste.

- » Circular Food
circularfood.com
- » Closed Loop Waste Solutions
closedloop.com.au
- » Corio Waste Management
coriowm.com.au
- » Eco Guardian Environmental Solutions
ecoguardians.com.au
- » Moreland Food Gardens Network
morelandfoodgardensnetwork.org

'Melburnians love coffee! An average cafe produces 40-80kg of coffee grounds a week, with 90% going to landfill. Grounds are a great source of nutrients for compost and garden beds, so consider recycling them.

Reground Coffee

Reground uses an innovative solution to process coffee waste. They provide you with a special bin to conveniently collect coffee grounds, which are then converted into useful compost material for soil amendment and fertilizer which are then utilised by community gardens and home gardeners across Melbourne.

reground.com.au



It's not just the food waste that's a problem. Australians drink 50,000 takeaway coffees every 30 minutes – that's 3 billion coffee cups ending up in landfills every year! To encourage use of BYO cups you could reward your customers by giving a small discount.

Responsible Cafés supports café owners to incentivise use of reusable BYO coffee cups.
responsiblecafes.org



You can also stock our Moreland Zero Carbon KeepCups to promote reuse and raise money for community action on climate change. Contact Lucy@mefl.com.au for details.



Sustainable Menus

Where and how you source your food can significantly reduce your environmental impact.

Make use of your rooftop, backyards or gardens to **grow your own food**. You will not only save cost, customers will also love your fresh ingredients. If you are low on space, consider starting with fresh herbs on pots.

If you can't grow your own then **source your ingredients locally and buy in bulk**. This reduces the carbon footprint of your food by reducing transportation and unnecessary packaging.

You might also want to offer a smaller, seasonal menu and no/low meat options. If you do offer meat you might consider charging a 'meat tax' and donating the tax to an environmental charity.

Yume is an online wholesale marketplace that allows you to buy and sell surplus food from leading suppliers. While you save money by buying in bulk, you are ensuring edible food does not end up in landfill.

yumefood.com.au

You can get tips on sustainable menu options at **sustainabletable.org.au**

Don't just stop there; **inform and empower your customers** that they can play a part too. Restaurants and cafes are excellent places to spread the message through educational spaces and informative tips on sustainability actions (on menus, posters or chalkboards).

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This booklet is brought to you by Moreland Energy Foundation. Established in December 2000 by the Moreland City Council, our purpose is to galvanize grassroots action to reduce greenhouse gas emissions.

For more information, feel free to visit our website at **positivecharge.com.au** or call our helpline on 9385 8555.