



## Health and Sustainability Parameters for Kitchen Users

Made In Hackney Local Food Kitchen appreciates your understanding and adherence to the below health and sustainability guidelines. If you wish to discuss any of the below or request more information do not hesitate to ask MIH staff.

### Ethics

AMURT-UK, the charity behind the Made In Hackney Local Food Kitchen, believes in the sanctity of life, therefore the kitchen is completely vegetarian. Please respect this by not cooking or bringing any **meat, fish or eggs** into the kitchen at any time.

### Health Considerations:

- Reducing amounts of salt, fat and sugar – e.g. measuring the amount of oil, salt and sugar used rather than the free pour, striving to reduce amounts in recipes
- No artificial sweeteners to be used
- Alternatives to refined sugar e.g. fruit syrups, rapadura, coconut sugar encouraged
- Reducing the amounts of saturated fats – e.g. mayo, cream, butter etc and replacing with lower fat or unsaturated fat alternatives – e.g. using plain low fat yoghurt in place of mayo or cream. Not to be confused with DIET products.
- Increasing the amount of fruit, vegetables, nuts, grains, lentils and seeds in dishes
- Include a variety of and ensuring plenty of wholegrain starchy foods
- Avoid use of highly processed products containing high fructose corn syrup, artificial sweeteners such as aspartame

### Sustainability:

- Fruit and vegetables must be seasonal and where possible grown locally or at least in the UK but ideally sourced as near to London as possible
- Minimise use of imported fresh produce (only items that cannot be grown in UK) and never use air freighted items
- Other imported products – spices, canned goods, lentils – should not be air freighted
- Try swapping imported items for UK grown grains and lentils such as pearl barley, spelt, rye, hemp, split peas and fava beans
- Take note of packaging. Steer away from items sold in unnecessary plastic when an alternative e.g. brown paper bag, cardboard box, compostable plastic is available
- Use as much organic produce as possible
- All dairy products to be organic and used in a limited capacity
- If a fair trade version of the product is available, this must be used – especially tea, coffee, sugar, bananas, chocolate, cocoa etc
- Source ingredients as much as possible direct from farmers, farmers markets, local box schemes and independent retailers
- Where possible dried ingredients – rice, pulses, nuts, grains – should be sourced from ethical cooperatives such as SUMA, Biona, Goodness, Infinity etc.
- All cleaning products used in the kitchen to be non-toxic and from reputable ecological brands. Where possible use the kitchens home made cleaning products

### Waste:

- Please reduce food waste as much as possible – e.g. good knife skills to utilise the maximum amount of fruit and veg; use green stalks of alliums; zest citrus fruit skins for added flavour; cook with skins if edible etc
- All recyclable waste to be washed and recycled in bins provided in drawer on hob island

- All food waste, ripped up brown paper/cardboard and compostable packaging composted in compost bin in bin drawer on hob island.
- Compost bin to be emptied into compost tumbler outside at end of each session.
- Turn all appliances off at the wall when not needed (NOT fridges/freezers!)
- Be water wise. Use a plug in the sink and never leave taps running on full
- Wash fruit and veg in white porcelain sink of water, not under running water
- Appropriate sized vessel used when boiling water for cooking

We are always improving and evolving our Health & Sustainability guidelines. Please email us if you have suggestions of how we can improve this policy. [info@madeinhackney.org](mailto:info@madeinhackney.org)