

The Sustainable Hotel Insights

#01

November 2022



FREE
INSIGHTS

**6 WAYS to reduce the (food) waste
your boutique hotel produces**

FOREWORD

Pursuing the path to sustainability – together

Welcome to The Sustainable Hotel – and thank you for joining us on the journey to a better future!

From plastic straws to food buffets, the amount of waste and food waste hotels produce is significant! Waste is a key element of environmental sustainability (Planet), one of the 4 Ps of sustainability, which is why we've dedicated this free guide to addressing this important topic.

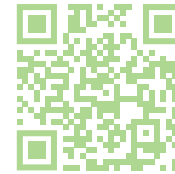
In this edition of *The Sustainable Hotel FREE Insights - Waste* we share with you interesting facts about (food) waste and then show you 6 ways to reduce waste in your boutique hotel. But before we do, let us introduce ourselves.

We are MAp, a Zurich-based boutique consultancy creating sustainable hotel concepts and hotel brands. We developed The Sustainable Hotel to empower boutique hoteliers by equipping them with insights, tools and resources to develop sustainable hotels that make a positive impact on People and Planet.

In addition to this guide, on The Sustainable Hotel platform you'll find helpful resources, such as the complete *The Sustainable Hotel Handbook - Collection*, and others devoted to environmental sustainability and the other Ps (Purpose, People, Profit). After all, it's our strong belief that in order to qualify as a sustainable hotel, you must take a holistic approach to sustainability. We'll show you how!

Once again, thank you for joining us on the journey to impact! Let's build a more hospitable and purposeful Planet – together.

**#onwards
Your MAp team**



**VISIT THE SUSTAINABLE
HOTEL NOW**

P.S.: We'd love to hear from you along the way! Please feel free to share your feedback, insights and comments with us at onwards@MAp-consultancy.com.



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*“Sooner or later,
we will have to
recognise that the
Earth has rights, too,
to live without
pollution.
What mankind must
know is that human
beings cannot live
without Mother
Earth, but the planet
can live without
humans.”*

EVO MORALES

(as cited in The
Guardian, 2010)





FACTS

Did you know?

Did you know that, according to the Food and Agriculture Organization of the United Nations (2013), food and beverage waste account for up to 30% of total waste in the hospitality industry? If food waste were a country, it would come in third after the United States and China in terms of global warming.

The World Wildlife Fund (WWF) and the American Hotel and Lodging Association (AHLA) created a toolkit for hotels to guide them in reducing their food waste.

[Take this route to access it HERE.](#)



ACTION

How to reduce your waste



1

DITCH SINGLE-SERVE PLASTIC.

You've certainly heard this one before, and maybe you've already taken some steps in this direction by eliminating plastic straws.

But it's time to focus on reusable and refillable items (such as shampoo dispensers and water bottles), and ridding your hotel of plastic-wrapped anything.



2

WORK WITH LOCAL SUPPLIERS – AND ORDER LESS.

There's less of a need for packaging when procuring products from local providers, and the likelihood is greater that you can work directly with those providers to prevent waste on their end too, thereby creating a bigger impact in the supply chain.



3

**BE SMARTER ABOUT
RECYCLING
AND REUSING.**

Make sure you are properly sorting your waste (especially e-waste and hazardous waste!), and always consider how you can give waste a second life through upcycling furniture, glass bottles, crates, pallets and more!



4

PRACTICE FOOD WASTE REDUCTION.

Taking steps like cooking to order, growing food on-site and making smaller portions will go a long way to reduce the amount of food waste your kitchen creates.

Composting your bio kitchen waste is also a great source of fertiliser for your hotel grounds.



5

ELIMINATE THE NEED FOR PAPER.

Your guests don't need paper copies of everything, often an email will suffice. **Only print those things that are absolutely necessary, and if you do, make sure the paper is recycled and double-sided.**



6

USE UPCYCLED MATERIALS IN YOUR INTERIOR DESIGN.

When remodelling guestrooms or common areas, consider **upcycling, or in other words, transforming waste materials into new furniture, decorations or designs.**

*“We are living
on this planet as
if we had another
one to go to.”*

TIERRY SWEARINGEN
(as cited in ecobnb, 2021)





BEST PRACTICE (1/2)

Hotel for the Planet

1 HOTELS

1hotels.com

The growing 1 Hotels brand is built on sustainability, creating sustainable sanctuaries in some of the world's biggest and busiest cities, like New York City, Miami, London, Paris.

With nature serving as its "true north," the hotels naturally focus on environmental impact, health and wellbeing, and food and beverage responsibility.

Take this route to learn more [HERE](#).





BEST PRACTICE (2/2)

Hotel for the Planet

1 HOTELS

1hotels.com

- Through biophilic design all guest rooms have been designed to optimise natural light, and smart energy technologies have been implemented.
- The restaurants utilise herbs from on-site gardens, produce from neighbouring farms, and all dishes focus on local, seasonal and fresh ingredients.
- The hotels participate in food practices that regenerate the land, and the production and procurement of ingredients are traceable, water-efficient, low emission, low or zero waste, and ethical.
- 1 Hotels are committed to achieving 90% waste diversion from landfills and incinerators, and in order to achieve that, have rolled out a number of zero waste initiatives.
- All 1 Hotels are 100% LEED (Leadership in Energy and Environmental Design)-certified and carbon neutral.
- The hotels run a number of carbon offset programmes that guests and members can contribute to, including projects involving river conservation, wind projects, and sustainable agroforestry.
- Reclaimed wood, organic cotton and natural materials are used throughout the hotels, with the ultimate goal to “close the cycle” entirely.
- Guests can be whisked from place to place with complementary Tesla electric cars or rental bikes.



SUMMARY

Key takeaways

According to the Food and Agriculture Organization of the United Nations (2013), food and beverage waste makes up 30% of hospitality waste!! **If food waste were a country, it would come in third after the United States and China in terms of global warming.**

You can reduce waste through the following actions:

- Ditch single-serve plastic.
- Work with local suppliers and order less.
- Be smarter about recycling and reusing.
- Practice food waste reduction.
- Eliminate the need for paper.
- Use upcycled materials in your design.

Doing good for the Planet does good for your hotel business (your Profit)!



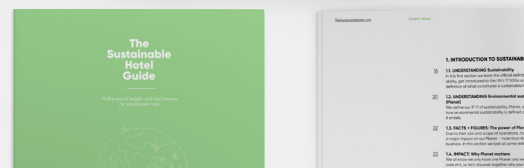
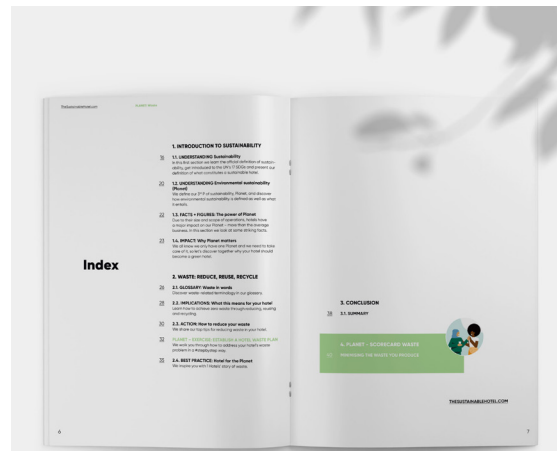
THE COMPLETE GUIDE

On how to reduce (food) waste

Want to learn more? Then our complete Waste guide is for you, including:

- Nearly 45 pages of a deep-dive into the topic
- 1 helpful exercise on establishing your hotel waste plan and clear action steps to guide your waste combat efforts
- Scorecard to measure your waste performance
- Insights into food waste reduction
- MAp Advices and best practice example
- External resources that offer additional guidance and support
- 10% of each purchase goes to organisations doing good

Take this route to learn more [HERE](#).



GO FURTHER: PLANET MUST-READS AND SEE

FACTSHEETS

Food waste factsheet

by Sustainable Hospitality Alliance
This factsheet explores the issues of food waste and provides recommendations on how to reduce your impact.

[LINK](#)

Single-use plastic factsheet

by Sustainable Hospitality Alliance
This factsheet explores the issues of single-use plastics and provides recommendations for hotels on how to reduce their use.

[LINK](#)

Responsible procurement factsheet

by Sustainable Hospitality Alliance
This factsheet explores how responsible purchasing can positively impact hotel operations and includes tips on how to get started.

[LINK](#)

CHECKLIST

Hotel Plastic Checklist

by Oceanic Global Hotel Guide
This checklist outlines the most commonly-used single-use plastic items in the hospitality industry. Businesses should use this list as a guide to determine which single-use plastic items be eliminated from their business practices.

[LINK](#)

WEBSITE

Hotel Guide

by Oceanic Global
This is a comprehensive, step-by-step online guide to implement sustainable best practices in the hotel sector, with a strong focus on reducing single-use plastics and optimising waste management.

[LINK](#)

SOURCES

1 Hotels. (2022a). Sustainability.

[LINK](#)

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FAO. (2013). Food wastage footprint & Climate report.

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The Guardian. (2010). Bolivia's defiant leader sets radical tone at Cancún climate talks.

[LINK](#)

THANK YOU

Thank you to these amazing humans who helped us bring The Sustainable Hotel to life:

[Elisabeth Aster](#), our amazing Bergkind and design guru

[Werner Haselrieder](#), our digital master

[Emma Winton](#), who crafted The Sustainable Hotel illustrations with so much passion and love

PHOTO CREDITS

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