

## ANNEX E - Guide and definitions related to the environmental requirements

### Part 1 - Definitions of terms (Section 1.4)

- 1. Ecological and sustainable management of operations:** Manage the cafeteria food service while aiming to reduce environmental impacts as much as possible and consider the environmental impact of each action before making a decision.
- 2. Products certified as compostable:** “Certified compostable by the Bureau de normalisation du Québec (BNQ)” or displaying the recycling triangle (Möbius Loop) containing “PLA 7” (Polylactic acid / Acide polylactique).
- 3. City of Sherbrooke, n.d.,** <https://outildetri.ville.sherbrooke.qc.ca/matieres/objet/produits-certifies-compostables/>
- 4. Sustainably grown foods:** “Locally grown food that is produced without pesticides or genetically modified organisms, uses fair labour practices for farm workers and treats farm animals humanely.” (Desré M. Kramer, Rhonda Ferguson, Jennifer Reynolds, 2019 [https://foodsecurecanada.org/sites/foodsecurecanada.org/files/attached\\_files/rapport\\_de\\_recherche\\_consommation\\_durable\\_pour\\_tous\\_rad\\_mai\\_2019.pdf](https://foodsecurecanada.org/sites/foodsecurecanada.org/files/attached_files/rapport_de_recherche_consommation_durable_pour_tous_rad_mai_2019.pdf) (page 4))
- 5. Local product:** “Any foods produced in the province or territory where they are sold, but foods grown within a 100 km radius of where they are consumed recommended.
- 6. Seasonal product:** Seasonal foods are fruit and vegetables grown locally that are available based on harvest periods and regions. By adjusting menus to the passage of the season, you can incorporate more local foods and reduce consumption of imported fruits and vegetables Some products are available year round in Quebec, but most are not. Consult <https://equiterre.org/fiche/produits-de-saison> for more details.
- 7. Fair trade product** “Refers to the production of an item that results from a trade partnership that seeks to improve the rights and trade conditions of marginalized workers, in particular in the framework of international north-south trade.
- 8. (From the Grand dictionnaire terminologique, 2012** <http://www.granddictionnaire.com/Resultat.aspx>)
- 9. Organic food:** Organic foods are produced using pesticide-free farming methods that are friendly to the environment, animals and the soil.
- 10. (PensezBio Canada, 2014** (<http://choisissezbiocanada.ca/bio101>))
- 11. Compostable matter** “Refers to matter that decomposes biologically in a composting site producing material that is not visually distinguishable and breaks down into carbon dioxide, water, inorganic compounds and biomass, at a rate consistent with known compostable materials “

12. From the Grand dictionnaire terminologique [http://www.granddictionnaire.com/ficheOqlf.aspx?ld\\_Fiche=8349074](http://www.granddictionnaire.com/ficheOqlf.aspx?ld_Fiche=8349074) , according to BNQ 2010.)
13. **Vegetarian:** “Food doctrine that prohibits the consumption of the flesh of animals but authorizes animal products (milk, butter, eggs, cheese, honey, etc.) “
14. From the Grand dictionnaire terminologique, 2012: [http://www.granddictionnaire.com/ficheOqlf.aspx?ld\\_Fiche=8436066](http://www.granddictionnaire.com/ficheOqlf.aspx?ld_Fiche=8436066)
15. **Vegan:** “Diet consisting of foods of plant or fungal origin that excludes the consumption of products and by-products of animal origin. This excludes milk, cheese, yogurt, eggs and honey. The vegan diet consists essentially of fruits, vegetables, mushrooms, legumes, grains, vegetable oil, etc.”

## Part 2 - Food certifications

- 1- **LEAF Certification: National non-profit certification program for food services in Canada**
  
- 2- **List of organizations that issue organic certifications approved by Health Canada and/or the Quebec government.**
  - a. In Quebec:
    - Ecocert Canada
    - Québec Vrai
    - Pro-Cert
    - QAI International
    - Letis S.A.
    - TCO Cert
  
  - b. In Canada :
    - British Columbia Association for Regenerative Agriculture (BCARA)
    - CCOF Certification Services
    - Centre for Systems Integration (CSI)
    - CCPB Srl
    - Ecocert Canada
    - Fraser Valley Organic Producers Association (FVOPA)
    - International Certification Services Incorporated (ICS)
    - Letis S.A.
    - Oregon Tilth Incorporated (OTCO)

- Organic Crop Improvement Association (OCIA)
- Organic Producer Association of Manitoba Co-operative Incorporated (OPAM)
- Organisme de Certification Québec Vrai (OCQV)
- Pacific Agricultural Certification Society (PACS)
- Pro-Cert Organic Systems (Pro-Cert)
- Quality Assurance International Incorporated (QAI)
- TransCanada Organic Certification Services (TCO Cert)

Source: <http://equiterre.org/fiche/certification-biologique>

### **3- Certification of sustainable fisheries legitimate for provisioning in Quebec:**

#### **a. Marine Stewardship Council (MSC)**

Source: <https://www.mapaq.gouv.qc.ca/FR/PECHE/ECOCERTIFICATION/Pages/Ecocertification.aspx>

#### **b. MSC certified fisheries in Canada**

- Northwest Atlantic - swordfishing by harpoon
- Northwest Atlantic - swordfishing by longline
- Eastern Canada - scallop fishery
- Gulf of St. Lawrence: Eskimo Channel. trawler fishing for Northern shrimp
- Scotian Shelf - fishing for snow crab in traps
- Gulf of St. Lawrence - Northern shrimp
- Gulf of St. Lawrence - fishing for snow crab in traps
- Northern shrimp and Aesop shrimp
- Scotian Shelf - trawler fishing for Northern shrimp
- British Columbia - Sockeye salmon
- British Columbia - Pacific halibut
- British Columbia - Pink salmon
- British Columbia - Canadian Highly Migratory Species Foundation (CHMSF) - Albacore tuna from the North Pacific
- British Columbia - Spiny dogfish
- Gulf of Alaska - Alaska plaice

Source: [http://www.wwf.ca/fr/conservation/marine/produits\\_de\\_la\\_mer\\_durables/](http://www.wwf.ca/fr/conservation/marine/produits_de_la_mer_durables/)

#### **c. Marine Stewardship Council (MSC)**

Source: [http://www.wwf.ca/fr/conservation/marine/produits\\_de\\_la\\_mer\\_durables/](http://www.wwf.ca/fr/conservation/marine/produits_de_la_mer_durables/)

d. Ocean Wise

Source: <https://ocean.org/>

e. Smarter Seafood certification for fish from Quebec

Source: <https://exploramerc.gc.ca/quest-ce-que-fourchette-bleue/>

Other certifications exist but it is very important to always check the source and traceability of seafood that you choose. Some of the certifications below may be less valid than others so it is important to follow up with the supplier.

- Friends of the sea
- Artysanal- Artisan fishing guaranteed
- Naturland
- Responsible choice
- Dolphin safe
- Glogal Aquaculture Alliance (GAA)
- Best Aquaculture Practices Certification

#### **4- List to tick off for green events**

- ( ) All dishes, utensils and fabrics are reusable or at least recyclable or compostable.
- ( ) Avoid unnecessary single-use items (such as straws, coffee sticks and plastic utensils) in accordance with the Guide to reducing plastic waste at meetings and events. N.B. There may be safety, health or accessibility concerns requiring the use of single-use articles. In this case, use recyclable items as much as possible.
  
- ( ) To the degree possible, provide drinks in bulk or in containers that are reusable under the facility's recycling program.
- ( ) Avoid single-portion packages for foods and condiments (e.g. milk, cream, sugar, butter, ketchup, vinegar, jams, salt, pepper, cereals for breakfast).. Provide them in bulk unless this is prohibited under local health regulations.
- ( ) Buy local products, local food products and local drinks (including mineral water, wine and beer).
- ( ) Buy organic food, wine and beer if the budget permits.
- ( ) Provide products labelled "fair trade" such as coffee, tea, sugar and even flour. (For information on fair trade, consult the website <http://www.fairtrade.ca>) Also, think about providing shade-grown coffee which does not harm songbirds.
- ( ) Provide vegetarian and vegan menus or serve less meat or a better quality of meat (better quality here means meat that is local, organic and pasture-raised).
- ( ) Use reusable containers for the transportation and delivery of food supplies.