

Waste Reduction for Hotels

The Best R of the 3 R's



Presenter

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What is Waste Reduction?

- ▶ Waste reduction: the first of the 3 R's: reduce, reuse, recycle.
- ▶ Waste reduction: purchasing fewer goods that are unneeded.



Why Reduce Waste?, 1

Business Reasons

- ▶ ↓ *purchasing costs!*
- ▶ ↓ hauling and disposal costs.
- ▶ ↓ time moving unneeded goods around the building.
- ▶ ↓ single-use plastics is important to some customers.



Why Reduce Waste?, 2

Environmental Reasons

- ▶ Climate Change and Air Pollution
 - All products have embedded energy (growing, mining, manufacturing, transporting, etc.), mostly from burning fossil fuel.
 - Food and other plant-based waste create methane in landfills.



Why Reduce Waste?, 3

Environmental Reasons

- ▶ Solid waste
 - All products have embedded waste (same processes) that's many times more than the waste when the hotel disposes it.
 - ↓ waste keeps goods out of landfills, incinerators, land and sea.



Reduce Food Waste, 1



- ▶ This is where the \$ is!
- ▶ Some food services ↓ total food purchases by 2% - 6%, and ↓ post-consumer waste by 50%.
- ▶ ↑ recognition of food waste prevention in recent years.



Reduce Food Waste, 2

Food Waste Management Task Force

- ▶ System for measuring food over-purchasing.
- ▶ Create reports. Set goals.
- ▶ Set waste prevention strategies for menu planning, food purchasing, food handling and service to guests.
- ▶ Train, supervise staff.



Reduce Food Waste, 4

Menus

- ▶ Eliminate less popular dishes.
- ▶ Cross-utilize ingredients across options.
- ▶ More fully use entire plants (root-to-stalk) and animals (nose-to-tail).
- ▶ Re-purpose surplus food into new meals for employees, or donate it.
- ▶ Use mostly low-waste ingredients.
- ▶ Adjust portion sizes to match what's actually eaten.



Reduce Food Waste, 4

Buffets

Studies almost 1/2 of buffet food uneaten.

- ▶ Track which foods are most wasted, and reduce the quantity accordingly.
- ▶ Shallower containers, and have staff refresh more often.
- ▶ Serve food in small serving vessels, not chafing dishes, particularly when meal winds down.
- ▶ Don't refresh buffets too soon—particularly for high value items like meat, cheese and fish.
- ▶ Smaller plates and serving utensils, no trays.
- ▶ Food dispensers.



Reduce Food Waste, 5

Events

Predicting event size is difficult. It's common to make too much food. These practices will help.



- ▶ Reports on event attendance, food made, food waste will help with predictions—particularly for repeat events. The FRESH metric can help.
- ▶ Updated counts from event planners.
- ▶ Adjust food volume to attendee demographics.
- ▶ Create menu used by > 1 event, with ingredients that can be used elsewhere.
- ▶ Pre-plated dishes waste less than buffets.

Reduce Bottled Water

- ▶ Bottled water is a single-use plastic, trucked in at great environmental expense.
- ▶ Use filtered water instead.
- ▶ Offer guests refillable bottles with hotel branding.
- ▶ Offer water bottle filling stations.



Reduce Restaurant Supplies

- ▶ Washable linen or no table covers at all vs. single-use table covers.
- ▶ Cloth napkins.
- ▶ No plastic straws, unless requested.
- ▶ Washable dinnerware.
- ▶ Reusable coffee filters.
- ▶ Condiments dispensed in bulk, not individual packets.



Amenity Dispensers

Advantages over bottles of soap, shampoo, conditioner:

- ▶ ↓ waste.
- ▶ Saves \$.
- ▶ No need to restock carts and rooms with tiny bottles.
- ▶ Improvements: now they're elegant, associated with high-end amenities, easy to use, easy to refill, don't leak.
- ▶ Touch-free dispensers available.



Reduce Bathroom Paper Use

- ▶ Hand dryers: eradicate paper towel waste, save storage space, eliminate need to stock and re-supply paper towels. Are they slightly less sanitary? The jury is out.
- ▶ Touch-free paper towel dispensers.
- ▶ Paper towel rolls instead of folded towels.
- ▶ Coreless toilet paper.



Reduce Building Materials, Furniture, Supplies

- ▶ LED lights last longer than other lights.
- ▶ Modular mattresses enable hotels to replace just parts of the mattress that are worn, stained or pest-ridden.
- ▶ Mattress covers: extend mattress life.
- ▶ Carpet squares enable hotels to replace just stained or worn areas not the entire section of carpeting.



Reduce Other Items, 1

- ▶ Cleaning supplies: use concentrated cleaners or make your own on site (Electrically Activated Water, etc.). Much less waste and work.
- ▶ Paperless for check-in and check-out, etc. Double-sided printing.
- ▶ Newspapers: only for guests who request them.



Reduce Other Items, 2

- ▶ Suppliers: ask them to ↓ packaging.
- ▶ Plastic dry cleaning bags: replace with reusable canvas bags.
- ▶ Mugs: give to staff for their coffee and tea.
- ▶ Keycards: replace with a keyless entry system.



Conclusion

There are scores of ways that hotels can reduce waste, save serious money and help the environment.



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