

Fact Sheet

The optimal grocery shopping – for caterers

Outline

Compiling a shopping list which is adjusted to the actual requirement needed, is fundamental for optimal purchasing. Quantities calculated should be compared to the stocks. To prevent food waste the purchase should be made just in time, under consideration of the maximum storage duration and the capacity of the storage facilities. Regarding the choice of foodstuffs: giving preference to organic, seasonal and locally produced fresh products can be recommended.



Procedure

- ▶ The shopping list should be based on a comparison between stocks and requirement
- ▶ Purchase according to realistic requirement needed
- ▶ Purchase just in time right before the preparation phase
- ▶ Conduct a quality check of the delivered foodstuffs
- ▶ Purchase raw ingredients with less packaging directly from the producer
- ▶ Favour seasonal and local products

Environmental relevance

Did you know that a seasonal and local basket of goods has a significant impact on the prevention of an environmental burden for your catering? This can be shown using the example of asparagus. Asparagus causes approximately ten times more greenhouse gas emissions if it is flown in from Peru out of local season.

Greenhouse gas emissions from asparagus from different regions

