



The recipe for
**local and environmentally
responsible food
procurement**
in Quebec institutions



Photo: Aliments du Québec au menu

On the menu

Overview of the sector

Food service management
in this sector

A Basic Recipe:

- Ingredients
- Instructions

Good to know

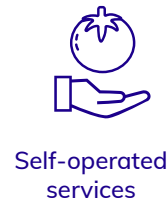
Tips and tricks

Inspiring areas -
A personal recipe

Resources

References

Guide to icons



Preamble



Photo: Université Concordia

This fact sheet is intended as a practical tool to support food service managers and employees in the university sector in their efforts to transition to a more sustainable food system that prioritizes healthy, local and environmentally responsible food. The step-by-step guide is based on best practices implemented by universities in Quebec. To learn more about the fact sheet project, see [*The Recipe for Local and Environmentally Responsible Food Procurement In Quebec Institutions.*](#)

Universities are centres of knowledge and innovation. Naturally at the forefront, they are an ideal place to test and apply the ideas and practices that will shape the society of the future. Over the past decade, several Quebec universities have adopted sustainable development policies. Rather than systematically applying specific procurement practices, most of these policies set out general principles that clearly support a shift towards the purchase of local and environmentally responsible food.

Overview of the sector

Quebec has a total of 18 universities:¹

- **10** of these institutions are members of the Université du Québec network, which was established by the *Loi sur l'Université du Québec* (ex. UQAM, UQTR, UQAR, etc.);
- **8** universities operate under their own charters;
- Most of them operate their activities on one to five campuses in the same city or in several cities, and in some cases several regions;
- Altogether, Quebec's university system is made up of **29** campuses.²

According to the 2019 annual report of the Ministère de l'Éducation et de l'Enseignement supérieur,



313,577 students

attended Quebec universities in 2018-2019.

Food service management in this sector

Food services in the university sector in Quebec are either managed internally by the university (self-operated) or externally by one or more concessionaires or food service operators (contracted management, franchises, student run). Depending on the type of management and the nature of the company chosen to operate its food services, each university develops different strategies to oversee its procurement practices. On campus, the food services are usually made up of one or more main cafeterias, cafés, franchises and vending machines.

According to the most recent data for the education sector as a whole, outsourced food service contracts (contracted management) accounted for 71% of total food sales, while internally managed food services (self-operated management) accounted for 29% of sales.³



29 % self-operated food services



71 % contracted food services



Photo: Université Concordia



The basic recipe



For local and environmentally responsible food procurement in universities

Ingredients

Organizational levers

There are a number of organizational levers within the university sector that can facilitate the transition to local and environmentally responsible food procurement:



- The **role and willingness** of universities for innovation;
- The existence of **policies on food, procurement and/or sustainable development** within the university;
- **Motivated and flexible** food service managers;
- **Human and financial resources** invested in actions supporting these initiatives:
 - presence of a sustainable development coordinator: an asset;
 - willingness and potential to create other full-time and/or student positions as well as internship possibilities.
- Participation in **certification and recognition programs** that provide a framework and support the achievement of goals;
- Pressure from students;
- Healthy **competition** between universities and the desire to stand out.

Challenges

The university sector faces several constraints that can potentially impede the transition to local and environmentally responsible food procurement:



- Size of the institutions and **scope of their food service system**;
- Diversity of the food services offered and **type of management** (self-operated, contracted management or student run);
- **Complexity** of the project from the point of view of the tenders (involvement of different departments).

Instructions

This step-by-step guide provides an example of best practices. It is intended for universities that have a self-operated food service. Feel free to adapt it to reflect the situation of your establishment. For a contracted management food service, please refer to the [fact sheet for CEGEPs](#).



1. Lay the groundwork for your initiative

To get your initiative off to a good start, certain preliminary steps are necessary before taking concrete action.

- **Use your establishment's existing policies** on food procurement and sustainable development as your starting point;
- **Foster collaboration** between the different departments and stakeholders within your institution (food service managers, sustainable development coordinator, procurement department, etc.);
- **Define your food service vision** and develop your action plan;
- **Form an advisory committee** made up of representatives from the sectors involved at different steps of the process. Get students involved. Invite experts to join the committee as needed;
- **Hire a coordinator** to ensure that your goals are attained: all the universities we met with had at least one salaried employee assigned to the initiative, at least part-time, in order to support the





Photo : Aliments du Québec au menu

food service's actions, ensure follow-up and take care of obtaining certification and/or recognition.

- Encourage your institution to create this type of position. Certain grant programs can help support this position for a defined period;
- Provide sufficient resources to enable the sustainable development coordinator to invest time and provide support for the actions undertaken by the food service;
- Take advantage of the opportunities offered by internships and applied student research projects. Contact the relevant departments based on the projects you are proposing.



2. Provide a framework for your initiative

Sign up for a certification, recognition or assistance program in order to benefit from the experience of institutions that have already launched similar initiatives. These types of programs can offer a framework to help you plan your actions and provide you with support going forward. At the same time, they can give your project significant visibility, thereby raising awareness in the community.

Several existing programs are presented in the Resources section of this fact sheet. Check them out!

- STARS
- Aliments du Québec au menu



Did you know that Aliments du Québec and Équiterre developed a recognition program designed specifically for institutions called Aliments du Québec au menu? This program recognizes innovative institutions by highlighting their efforts to incorporate more local food into their procurement processes. Have a look at these videos that highlight six participating institutions, including universities, here.



3. *Analyze your establishment's menus and purchasing processes in order to target your actions*

Understand your starting point: Your menu probably already contains several locally sourced products. In addition to providing encouragement, knowing where you're starting from can help you to identify the local foods to look for and set new goals.

- **Quantify local foods and other types of food:**

- Identify the companies in your list of suppliers that offer Quebec-sourced products;
- Calculate the proportion (%) of local food already present in your orders over a year or another period. This exercise [in French] will help you identify your establishment's strengths and weaknesses and set goals to improve your performance for certain types of foods or products;
- Look over your menus and identify products that could potentially be locally sourced.



- **Gradually integrate local foods:**

- Begin with a few local staples that are easy to find (ex., apples, maple syrup, seasonal berries, fall squash, etc.);
- Identify the products that have the most impact, with little or no extra cost (ex., eggs);
- Focus on one food category at a time (ex., seasonal vegetables, dairy products, etc.)



- **Make it easier to add local foods to your menu:**

- Develop a menu cycle that focuses on seasonal recipes;
- Build greater flexibility into your menu preparation process so more products can be added when they are in season (substitution).

- **Give yourself the means to change your existing menu:**

- Set aside time to obtain assistance and training;
- Work with a nutritionist or encourage applied student research projects in collaboration with the nutrition department.

- **Optimize your processes and invest more in local foods:**

- Reduce food waste at the source (adjust portions and serving practices to reduce waste on the plate, optimize the use of every food part, store food optimally, develop solutions for surplus food (end-of-day discounts, etc.);
- Optimize the work in the kitchen;
- Rationalize energy and material costs. Repair or replace obsolete or energy-consuming equipment and make investments to reduce expenses in the long term (ex., washable dishes).



4. *Encourage your current suppliers to offer more local food and to identify food origin in their catalogues*

Difficulty finding local products that are offered by distributors or suppliers is one of the main obstacles to increasing local food procurement. Unlike the retail sector, there is no standard requiring them to identify the origin of their products. Over the last few years, however, more and more distributors and suppliers have been making the effort to address these issues.

Ask your suppliers about the origin of their food. Encourage them to clearly identify food origin in their catalogue or inventory;

- Target companies that offer **local and environmentally responsible food** and ask your distributors for these products. The more institutional clients demand them, the more suppliers will have an incentive to make these products available;





Photo: Aliments du Québec au menu

- **Mention to your suppliers that you are participating in programs** that require you to know the source of your food, such as Aliments du Québec au menu;
- **Ask your distributors and suppliers** to create identification codes for each product to make it easier to identify them when ordering and verifying invoices.
- **Promote the resources available within your immediate environment** (ex., local business, agri-food campus, surrounding natural environment, etc.). Be creative!
- **Make direct contact with the producers** of the products that interest you;
- **Establish agreements with small suppliers.** They tend to respect your requests if you purchase from them on a regular basis.

5. Seek out new suppliers

Are your current suppliers unable to satisfy your requests? Find new suppliers that offer a greater variety of local products. To do this:

- **Consult existing local supplier lists**;
- **Share your finds with other universities** where similar initiatives are under way;



6. Promote your initiative

Share your approach with your employees, customers and community in order to get their feedback and help guide your future actions.

- **Highlight local foods:** Advertise the changes made to your menu on posters, displays, etc. Spread the word!
- **Mobilize and train your food service employees: Turn them into ambassadors for your initiative:**
 - Organize a training workshop;
 - Create tools using language everyone can understand.
- **Raise awareness on the issue to your customers:** Organize special menus and events based on food-related themes on a monthly or annual basis, set up information booths, etc.;
- **Participate in events** related to your initiative: Défi 100 % local, Institutions Eat Local events, theme-based weeks or days focusing on different Quebec regions.

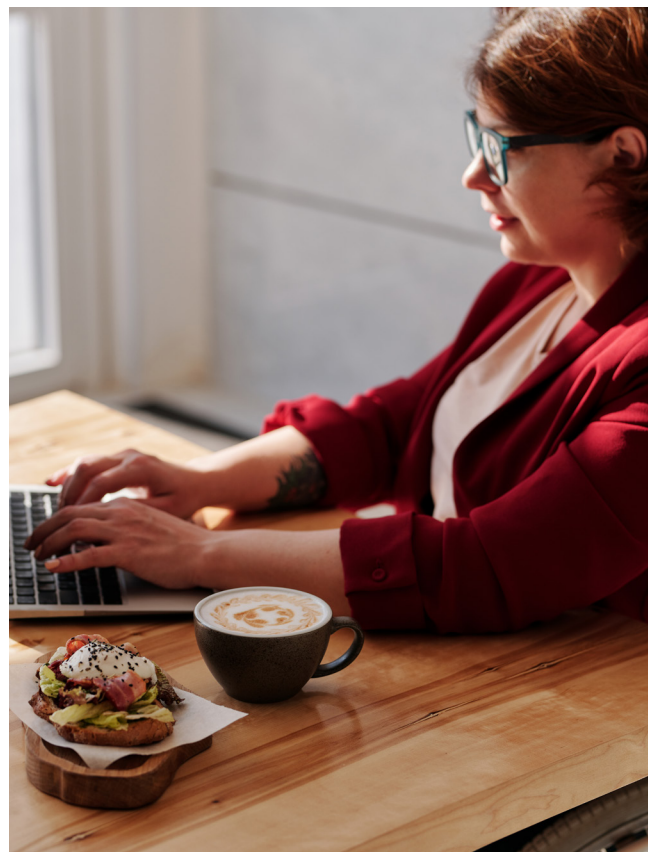
Note: To accelerate the process, several of the universities we met with employ students on a part-time basis to work on concrete aspects of the initiative, including:

- Quantifying foods;
- Identifying new products;
- Conducting audits;
- Organizing and facilitating awareness-raising activities.

7. Evaluate and document your initiative

Conducting a qualitative and quantitative analysis of your initiative will provide support for your actions and help you make informed decisions going forward. It will also allow you to document the experience and inspire your peers:

- **Quantify food products on a regular basis** in order to determine the results of your efforts, identify challenges, and set new targets;
- **Evaluate the financial impact of changes;**
- **Poll your customers to assess the impact of your actions on them;**
- **Poll your employees to assess the impact of your actions on them.** This will allow you to obtain additional information and address any irritants;
- **Share your results and help advance the movement.**





Good to know



An investment that pays off!

It's important to keep in mind that these steps will require a number of changes to the food service team's routine in the short and medium term.

- Investment of **time** (analysis, research, recipe and menu development, establishment of new partnerships, etc.);
- Increase in the **number of suppliers**;
- Increase in the **number of purchase orders, deliveries and invoices**;
- Heavier **workload** (ex., new preparation routine and tasks related to food preservation and optimization, surplus management, etc.).

In return, the steps you take are a great opportunity to offer the very best to your community!

Not to mention the positive impact on your food service!

- They create a **positive perception** of your food services to your clients and both the internal and external communities;
- They offer you an opportunity to **stand out and boost your visibility**;
- They raise awareness about the close links between food and the health of individuals, communities and the planet.

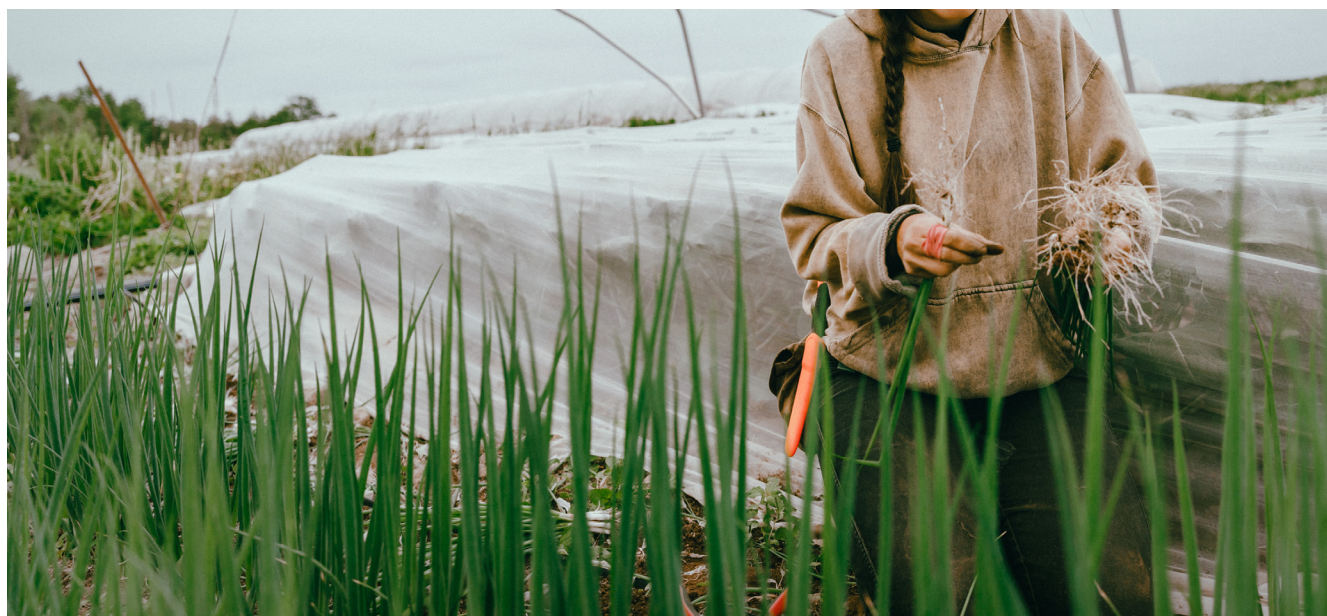


Photo: Myriam Baril-Tessier



Tips and tricks



Change your practices and generate long-term savings!

In addition to their positive environmental impact, each of the following actions allows you to save money in the long run that can be reinvested in the purchase of local and environmentally responsible food.

- **Offer more vegetarian meals** to increase your purchasing power, reduce your environmental footprint and add more diversity to your menu:
 - Increase the number of meatless meals served each week;
 - Foster familiarity with legumes by making half-legumes/half-meat recipes
- **Reduce purchases of processed and highly processed food** to lower costs and improve the quality of the ingredients in your dishes;
- **Vary procurement sources** by supporting local food systems (short supply chain), such as direct procurement from farmers, farmers' markets, public markets, organic baskets, purchasing groups, etc.;
- **Reduce food waste** by storing food in optimal conditions, planning portions and needs and making better use of leftovers;
- **Eliminate disposable containers** to reduce purchase costs and environmental impacts.



Opt for seasonal menus!

To facilitate the use of seasonal local food and take advantage of volume discounts, the following practices should be considered.

- **Increase the amount of cold room space** for fruits and vegetables that store well, such as apples, squash, onions, potatoes, root vegetables, etc.;
- **Increase freezer space** for the storage of seasonal local products (ex., fruits, vegetables, fish, etc.);
- **Do your own processing and/or freezing** of seasonal products while they are available in abundance (ex., berries, herbs, tomatoes, bell peppers, squash, leafy vegetables, etc.).

By adopting these practices, you can order larger quantities and reduce the number of deliveries.

Strength in unity

To facilitate the institutional transition toward healthy, local and environmentally responsible food, here are some additional global actions you should consider:

- Collaborate with other institutions to develop the local institutional market and increase the availability of products and formats (ex., processed products such as carrots and potatoes that are pre-peeled);
- Demand the systematic identification of food origin by distributors;
- Create templates for quantification and research tools to circulate throughout the network.



Photo : Myriam Baril-Tessier



A recipe personalized by
Concordia University



Photo : Université Concordia

Montreal

In response to pressure from students and a shift towards local and healthy eating, Concordia University's Hospitality office decided to address the issue of local and environmentally sustainable food procurement. In keeping with **the values of students and the university's wider community**, factors including the desire to make environmentally sustainable choices, to encourage the local and seasonal economy and to make reasoned purchasing decisions led the institution to move forward with this initiative.

In 2014, prior to putting out a call for tenders, the Hospitality office formed the Food Advisory Working Group to help it establish a contract for the next food service provider of the cafeterias in student residences, the management of seven cafés and a catering service. A food expert was also hired to join this group as a consultant. Following discussion and research, **targets for the purchase of local and seasonal products** were set **(75% in summer, 50% in fall and 25% in winter and spring)**.

Targets were also established for the purchase of eggs, dairy and meat products, as well as for the sourcing of sustainably harvested seafood, fair trade products and vegetarian and vegan options. The contract also included a mechanism for tracking and auditing food purchasing and the attainment of goals. The initial food procurement audit provided a baseline against which progress can now be measured.

In June 2015, a contract was signed with a new food service provider for five years, with two renewal options. The contract also contained an obligation for the food service provider to assign an internal employee to coordinate the sustainability component. A similar position was also created and funded, initially by Concordia's Sustainability office and later by Concordia Hospitality, in order to allow for close collaboration between the university and the food service provider. Working collaboratively with the food service team, these two employees implemented the steps required to attain the local food procurement goals.

The cafeterias targeted by the project now offer **over 50 dishes composed primarily of Quebec-sourced ingredients, and the menu includes at least one of these recipes per day**. Thanks to the progress made in sourcing more local food, the university was able to respond to the students' concerns and open an important dialogue.

Key ingredient for success

- ✓ The creation of positions to support the success of food procurement goals both with the food service provider and within Concordia University's Hospitality office, combined with strong collaboration between these two resources.

Word of advice from the Director

Don't hesitate to apply ambitious goals for food service providers in your call for tenders and to create the conditions necessary for them to succeed.

“As a place of learning, the increase in our purchase of local products is an example that we want to set for the community!”

Marie-Josée Allard,
Director, Hospitality Concordia



Photo : Myriam Baril-Tessier

Recap



- 46,829 students
- 6,387 employees

Food system

- 2 cafeterias, 5 franchises, 5 cafés

Food services analyzed

- 2 cafeterias (contracted management)
- 2 kitchens
- 80 employees
- 1,500 meals per day

Main suppliers

- Broadline distributor (Sysco)
- Distributor of fruits and vegetables (J.G. Rive-Sud)
- Several small suppliers of niche products

Certifications and/or recognition

- Aliments du Québec au Menu
- STARS
- Fair Trade Campus
- MSC certification





Inspiring Institution

A recipe personalized by
Université Laval



Photo : Université Laval

Quebec City

Université Laval's structured approach to sustainable food procurement is based on their **sustainable development policy**, which was adopted in 2008. In 2014, the institution decided to start including clauses for sustainable development and waste management, as well as water and electricity resources in the operating specifications of its various food service contracts. The aim of this measure was to ensure that the university's operators satisfy its criteria, share its values and are able to meet its requirements.

At Université Laval, the majority of the food system on campus, which includes 24 outlets (food court, food counters and student cafés), is handled by about 15 operators and managed by the student community, with the exception of five outlets operated by an external provider, a large food service management company.

Following the addition of these clauses, the different food service providers began applying them and a **sustainable food operations coordinator** was hired by the university to support the food service operators in their actions. It was proposed that all the food services progress at the same pace and invest in improvements to ensure that competition between service providers remained healthy and fair for all. With this in mind, a decision was made to work on one aspect at a time, making sure that everyone was on the same page before moving on to the next step.

To increase local food procurement, in the summer of 2019, work began on **quantifying** the different food products based on origin to allow each operator to know what their baseline situation was and help them better target the actions needed. A diagnostic tool was



Photo: Myriam Baril-Tessier

created to facilitate current and future analyses. This tool was used to analyze the origin of all food offered by the different operators, with the exception of the student cafés. Based on the final results of this analysis, it was possible to identify what food categories to prioritize and this allowed them to set goals for each category.

In 2020, a sustainable food action plan was published, which included a list of actions aimed at increasing the sourcing of local products, while having a global vision that called for the inclusion of additional sustainability criteria (fair trade, food waste reduction, waste management, healthy eating, etc.).

Key ingredients for success

- ✓ A proactive approach to sustainable development and food;
- ✓ A collaborative relationship between the university and food system operators;
- ✓ A strong willingness to take action on the part of all stakeholders.

Word of advice from the sustainable food operations coordinator

Start by quantifying! That way, you'll know your starting point and you'll be able to set effective and significant goals. After that, take it one step at a time! Every small action counts!



Photo: Myriam Baril-Tessier

Recap



- 43,000 students
- 11,220 staff and faculty

Food system

- 1 dining hall, 1 gourmet restaurant,
- 1 restaurant-bar, 4 cafeterias, 6 food counters, 10 student cafés (1 convenience store with vending machines).

Food services analyzed

- Entire food system, except for the student cafés (contracted management)
 - o 13 outlets
 - o Total number of employees: 130 to 150
 - o Number of meals per day: between 2,600 and 4,000

Main suppliers

- Broadline distributors (Gordon Food Service, Viandex, etc.)
- Several small suppliers of niche products
- Several products produced or prepared on campus (honey, vegetables, beer)

Certifications and/or recognition

- STARS



A recipe personalized by
McGill University



Photo : Université McGill

Montreal

In response to pressure from students and with the goal of incorporating more local flavours into its menus, McGill University's self-operated food service started by bringing **Montreal flavours** to its meal offerings. The food service manager wanted the cafeteria menus to reflect Montreal's reputation as a 'food city'. He began by recruiting Oliver De Volpi, a chef who is known for his passion for local food. Before the new chef's arrival, the university had been buying its bagels from outside Montreal and serving corn syrup instead of maple syrup, one of Quebec's most iconic staples! The first steps thus involved adding Quebec staples that didn't require going over budget. From there, things began to move forward quickly.

"Throw some oil on the fire! Get people interested!" is the advice given by Oliver De Volpi. The feedback from students came in quickly, and it helped to drive the transformation within the food service. "The first steps are easy. There are so many possibilities. You have to start by picking the low-hanging fruit," he recommends.

One of the most symbolic actions taken by the institution was to develop a partnership with the teaching and research farm at McGill's Macdonald Campus. Over the years, this farm has steadily increased its production to meet the cafeterias' growing needs, and it is now the main supplier of vegetables from August to September. This represents nearly **25,000 kg of food and 13,000 dozen eggs produced at McGill for McGill!**

A few years into the initiative, the institution decided to adopt a formal structure for the overhaul of its food services and institutionalize their operations. In the third year, a position was created thanks to a grant from the university's Sustainability Projects Fund to develop the vision and establish an action plan for the next steps (local products, certified



Photo: Université McGill

sustainable seafood, plant-based options, waste and food waste reduction, etc.). Students were hired part-time to meet additional needs and support the advancement of the initiative. The project also received concrete assistance from **applied student research programs** (entrepreneurship, environmental studies) for choosing new equipment, carrying out training, conducting analyses, etc.

In the past few years, a tracking and audit tool was developed with funding from the MAPAQ, allowing the university to assess performance

and monitor **progress in the percentage of local, organic, fair trade, and Marine Stewardship Council (MSC) certified purchases** from year to year.

Thanks to all of these procurement efforts, credibility was restored in McGill's food services, with user perceptions taking a positive turn. McGill University is now recognized as a leader in local and environmentally responsible procurement. "Two years ago, someone in the sustainability department called to tell me that half of the positive press being published about McGill was about us (the food service department). I was really touched by that," says Oliver De Volpi.

Key ingredients for success

- ✓ Boldness and a strong disposition to seize opportunities in the immediate environment (grants, collaboration with students, development of a procurement partnership with the university's agri-food campus farm);
- ✓ A desire to develop close relationships and engage with small suppliers and producers.

Word of advice from the Executive Chef

Don't be afraid to start with small steps that have strong symbolic value. They have the power to generate the interest and create a domino effect of enthusiasm that you will need to move forward.



Photo: Myriam Baril-Tessier

Recap



- 40,036 students
- 1,689 faculty and 7,000 other employees

Food system

- 5 main cafeterias: 3 self-operated, 2 managed by a food service provider, 11 cafés, 7 franchises, vending machines

Food service analyzed

- 3 self-operated cafeterias
- 130 employees
- Between 3,000 and 4,000 meals per day

Main suppliers

- Broadline distributor (Gordon Food Service)
- Various niche product suppliers
- Procurement of fresh fruits and vegetables (McGill University's Macdonald Campus)

Certifications and/or recognition

- STARS
- Fair Trade Campus
- MSC certification
- SPE certification (sustainability and nutrition)



A recipe personalized by
Université de Montréal



Photo : Aliments du Québec au menu

Montreal

Université de Montréal (UdeM) is unique in that it is one of the few Quebec universities that **manages all food services internally**. Another interesting feature is that UdeM's food service, despite being self-funded in practice, is subject to the Act Respecting Contracting by Public Bodies (LCOP) due to a clause that engages public funds in the event of financial difficulties. Nevertheless, all of the projects in place are financed by the revenue generated by the food service's activities.

The food service's global procurement and sustainability initiatives began in 2015 thanks to the development of a close collaboration with the Sustainable Development Unit. In 2016, the food service signed up for ASSHE's STARS, an international certification program for sustainability efforts created specifically for universities and colleges. This provided a framework for the majority of the actions that followed within the food service initiative. Based on student demand and under the leadership of the food service managers, the menus were gradually improved, with the addition of **vegetarian and vegan dishes**. UdeM also **relied on its immediate environment** in order to boost its local offerings, producing its own honey, beer and pesto, and striving to take advantage of the many possibilities offered by the surrounding landscape (sumac, elderberries, maple syrup, mushrooms and crabapples). In addition, in 2019, the institution reaffirmed its commitment to increasing its procurement of local products by joining the *Aliments du Québec au menu* program. Free-range eggs and 100% Quebec flour were two important criteria included in the call for tenders issued in the fall of 2019.

Special attention was given to the reduction of food waste. Managers raised employee awareness through training and developed an affordable meals initiative whereby unsold meals were delivered to students living in residence for a nominal fee of \$4. A partnership with Preserve has taken on the task of quantifying food waste and implementing solutions to reduce it.

Important efforts were also made to reduce single-use packaging. All the food produced on site and sold for take-out is wrapped in compostable packaging or FSC-certified paper, and reusable cups are available thanks to a partnership with CANOtogo. A discount of \$0.25 is offered to customers who bring their own cup and \$0.50 is offered on the daily special for those who bring their own plate or container.

The development of the catering component allowed the food service to double, and even triple, its revenue over the years. This additional revenue has been reinvested in equipment in order to optimize services (nearly \$400,000 in cleaning equipment in 2019), in addition to funding innovative food service projects.

“Our customers are very appreciative of our efforts, and they let us know it! We’re always open to new ideas, and we’re not afraid to run with them. Lastly, we have full support from senior management,” says Pascal Prouteau, UdeM’s director of housing, hospitality and dining services.

Key ingredients for success

- ✓ The institution’s structured, global and united approach;
- ✓ Close ties between the food service provider and the university’s Sustainable Development Unit;
- ✓ The development of a catering service by the food service provider and use of the revenues generated to fund local and innovative food projects.

Word of advice from the food service manager

Use constraints to drive creativity. Focus on the aspects you can control and develop your unique approach.



Photo: Aliments du Québec au menu

Recap



- 46,802 students
- 10,000 employees

Food system: 100% managed by the university, excluding the student cafés*

- 5 food counters, 1 cafeteria-restaurant
- 1 catering service

*The 22 student cafés on campus are operated by different student associations.

Food service analyzed

- 1 central kitchen serving all self-operated outlets
- Employees: 56
- Meals per day: 400 to 500
- Daily transactions: 4,000

Main suppliers

- Broadline distributor (Gordon Food Service)
- Distributor of fruits and vegetables (J.G. Rive-Sud)
- Small suppliers of niche products

Certifications and recognitions

- Aliments du Québec au Menu
- STARS
- Fair Trade Campus
- MSC certification





Photo: Université Laval

Resources



Support, recognition, certification and accreditation programs

- [Équiterre](#) is an environmental organization that offers concrete solutions in order to foster ecological choices that are both healthy and equitable. In the area of food procurement, Équiterre is committed to facilitating the implementation of a sustainable food system by developing joint projects with partners and offering consulting services. [in French]
- [Aliments du Québec au menu](#) is a recognition program created by Aliments du Québec and Équiterre to promote the use of Quebec products in institutional menus.
- [STARS](#): the Sustainability Tracking, Assessment & Rating System,™ is a transparent self-reporting tool that allows colleges and universities to rate their level of sustainability.
- The [Fair Trade Campus](#) program recognizes colleges, CEGEPS and universities demonstrating strong commitment to fair trade by working with partners including administrators, food service providers and student associations.
- The [MSC](#) (Marine Stewardship Council) is a non-profit organization that runs the world's leading certification program for sustainable wild seafood. Beyond its environmental certification for fisheries, the program also includes a full verification of the supply chain through its Chain of Custody certification which is applicable to any company that handles seafood.
- The [Tables de concertation bioalimentaire du Québec](#) co-facilitate, mobilize and coordinate the efforts of various actors in the regional biofood sector (ex., producers, processors, restaurant owners, retailers, development organizations, regional county municipalities [MRC], etc.). [In French]
- [MAPAQ funding program](#) [In French]

Équiterre



TCBQ



Directories, lists and networks for finding local products

- [Directory of local and organic food providers \(Équiterre\)](#) [in French]
- [List of livestock and crop producers in Quebec \(MAPAQ\)](#) [in French]
- [Aliments du Québec directory](#) [in French]
- [Quebec Seasonal Produce Calendar](#) [in French]
- [Manufacturers, Wholesalers, Industrial-Related Service Companies search engine \(ICRIQ\)](#)
- [Pêchés ici, mangés ici: Directory of Quebec fish and seafood \(MAPAQ\)](#) [in French]
- [Fraîcheur Québec](#) [in French]
- [Family Farmers Network](#)
- [Arrivage: Sustainable, local and direct procurement for professionals](#) [in French]



Useful tools

- [Aliments du Québec au menu Quantification table](#) [in French]
- [Guide to Sustainable Menus](#)
- Example of [standards related to sustainable development](#) (Université Laval) [in French]
- Example of [specifications](#) (Collège Rosemont) [in French]
- Standardized local recipes developed by the ITHQ (look for online recipes on the [Aliments du Québec au menu](#) website)
- [CAPÉ: technical guide: For information on the effective storage and conservation of local and organic products, contact: info@capecoop.org](#) [in French]



Reference document

- [Cadre de référence pour l'achat d'aliments dans le marché institutionnel : règles applicables et modalités de prise en compte du développement durable et de l'environnement \(MAPAQ\)](#) [in French]

Support, recognition, certification and accreditation programs

- [Équiterre](#) is an environmental organization that offers concrete solutions in order to foster ecological choices that are both healthy and equitable. In the area of food procurement, Équiterre is committed to facilitating the implementation of a sustainable food system by developing joint projects with partners and offering consulting services. [in French]
- [Aliments du Québec au menu](#) is a recognition program created by Aliments du Québec and Équiterre to promote the use of Quebec products in institutional menus.
- [STARS](#): the Sustainability Tracking, Assessment & Rating System,™ is a transparent self-reporting tool that allows colleges and universities to rate their level of sustainability.
- The [Fair Trade Campus](#) program recognizes colleges, CEGEPS and universities demonstrating strong commitment to fair trade by working with partners including administrators, food service providers and student associations.
- The [Marine Stewardship Council \(MSC\)](#) is a traceability certification program promoting sustainable seafood. It offers a certification program for companies and organizations that sell directly to consumers.
- The [Tables de concertation bioalimentaire du Québec](#) co-facilitate, mobilize and coordinate the efforts of various actors in the regional biofood sector (ex., producers, processors, restaurant owners, retailers, development organizations, regional county municipalities [MRC], etc.). [In French]
- [MAPAQ funding program](#) [In French]

Directories, lists and networks for finding local products

- [Directory of local and organic food providers \(Équiterre\)](#) [in French]
- [List of livestock and crop producers in Quebec \(MAPAQ\)](#) [in French]
- [Aliments du Québec directory](#) [in French]
- [Quebec Seasonal Produce Calendar](#) [in French]
- [Manufacturers, Wholesalers, Industrial-Related Service Companies search engine \(ICRIQ\)](#)
- [Pêchés ici, mangés ici: Directory of Quebec fish and seafood \(MAPAQ\)](#) [in French]
- [Fraîcheur Québec](#) [in French]
- [Family Farmers Network](#)
- [Arrivage: Sustainable, local and direct procurement for professionals](#) [in French]

Useful tools

- [Aliments du Québec au menu Quantification table](#) [in French]
- [Guide to Sustainable Menus](#)
- Example of [standards related to sustainable development](#) (Université Laval) [in French]
- Example of [specifications](#) (Collège Rosemont) [in French]
- Standardized local recipes developed by the ITHQ
(look for online recipes on the [Aliments du Québec au menu](#) website)
- [CAPÉ](#): technical guide: For information on the effective storage and conservation of local and organic products, contact: info@capecoop.org [in French]

Reference document

- [Cadre de référence pour l'achat d'aliments dans le marché institutionnel : règles applicables et modalités de prise en compte du développement durable et de l'environnement \(MAPAQ\)](#) [in French]

If you use the print version of this fact sheet, all of the websites identified can be accessed by clicking on the link provided in the fact sheet.

Équiterre[•]

This project was made possible with the collaboration of

