

ELIOR IS TAKING ACTION
FOR BETTER RESOURCE MANAGEMENT



WHAT IS ELIOR DOING TO BETTER MANAGE RESOURCES?

1. WE ADAPT OUR PRODUCTS, SERVICES, AND PRACTICES BY...

PROVIDING LOW CARBON MEALS

We are bringing our customers lower carbon products. In Strasbourg, when we set up a vegetarian stand we reduced our greenhouse gas emissions by 10%.



CHOOSING SUSTAINABLE PRACTICES

For many of our clients, we are setting up short supply circuits by using seasonal local products to reduce the number of food miles. We are also using less plastic and packaging by adapting it to the size of our portions.

2. WE TAKE ACTION IN OUR KITCHENS BY...

INCLUDING ENVIRONMENTALLY FRIENDLY PRACTICES IN OUR TECHNICAL TRAINING

Our kitchen staff receive training in:

- processing and production methods with new technical milestones
- reducing fluids
- and proper management of cooking equipment and temperature maintenance.



RAISING EMPLOYEE AWARENESS OF GOOD PRACTICES

How much water is needed to produce 1kg of beef?
How much greenhouse gas is generated by making a meal?
What is green driving?
A number of awareness-raising campaigns are currently underway, informing our staff about these issues, suggesting solutions, and making good practices systematic in and outside of our kitchens.

3. WE SUPPORT OUR DINERS AND CLIENTS BY...

RAISING AWARENESS OF GREEN HABITS

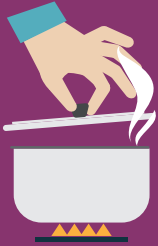
We are giving all of our diners tips on easy ways to use less energy at home.



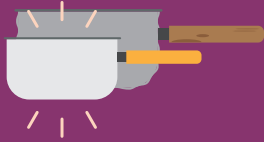
CARBON ACCOUNTING FOR OUR CUSTOMERS

Elior was the first catering company to perform Carbon Accounting, back in 2008. Since then, the Group has developed its own tracking system and trained 45 internal experts throughout France. This new expertise enables Elior to provide Carbon Accounting for its customers' catering and services activities.

YOU CAN USE LESS ENERGY AT HOME, TOO!



**COVER YOUR PANS
WHEN COOKING A MEAL:**
COOKS 4 TIMES FASTER
AND USES 4 TIMES LESS ENERGY



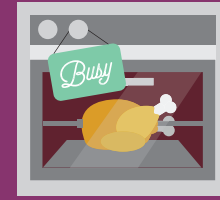
REPLACE DAMAGED PANS:
WARPED BOTTOM =
50% MORE ENERGY USED



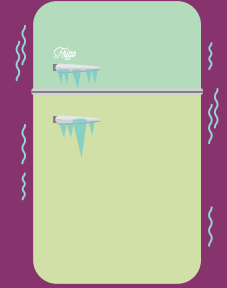
USE A PRESSURE COOKER:
SAVE 40-70% TIME AND ENERGY



**USE POTS AND PANS
THAT ARE THE RIGHT SIZE:**
FLAMES FROM HOB SHOULDN'T
BE LARGER THAN THE BASE
OF THE PAN



AVOID OPENING OVEN:
IT LOSES 5% HEAT EVERY TIME
IT'S OPENED



**REGULARLY DEFROST
YOUR FREEZER:**
3mm OF ICE =
30% MORE ENERGY USED

Our low energy recipes

RECIPES BY SYLVAIN CHEVALIER, CULINARY INNOVATION MANAGER AT ELIOR

No-cook fruit preserve

Serves 6
2 very ripe fresh mangoes
1 Golden Delicious apple
Half a teaspoon of vanilla essence

5 leaves of fresh mint
250g of brown sugar
1 teaspoon of lime juice
1 orange

PREPARATION

Peel the mango and chop into large chunks.
Press the orange and collect juice.
Add the mango, unpeeled apple (cut into large chunks), vanilla essence, mint, sugar, and orange and lime juice to the blender and mix.

The mixture should be nice and thick.
Pour into jam jars, and leave in the fridge for one day before eating.

Tropical couscous, without water

Serves 4
200g of fine couscous
3 dried apricots
2 oranges
Half a lime

1 teaspoon of orange blossom
3 leaves of fresh mint
3 sprigs fresh coriander
1 pinch of fleur de sel
1 pinch of raz el hanout

PREPARATION

Press the oranges and lime, add orange blossom, raz el hanout, and roughly chopped apricots.
Wash the mint leaves and coriander and chop them as finely as possible.
Pour juice and herbs over couscous.

Leave couscous to swell and break up with a fork every now and then.
Serve in a ramekin, sprinkled with a few grains of fleur de sel.

No-cook Gâteau de crêpes with apples

Serves 6
300g of apple compote
500g of soft cheese
5 crêpes

1 pinch of powdered cinnamon
1 pinch of powdered ginger
1 green Granny Smith
1 lime

PREPARATION

Peel the apple and finely dice before sprinkling with lime juice (to prevent apple from oxidising).
Mix a spoonful of soft cheese with apple compote until thick and creamy.
Add ginger, cinnamon, and diced apple.
Line a cake tin with two crêpes and cut the rest into thin strips.

Place a layer of the apple and soft cheese mixture into the bottom of the tin and cover with strips of crêpe. Repeat the process until the tin is full. Pat down well.
Put into fridge for 1 hour.
Remove from fridge and cut into thin slices.



GET MORE LOW CARBON RECIPES AT
[YOUMIAM.COM/CHEF/ELIOR](https://youmiam.com/chef/elior)

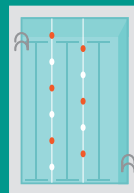
ON AVERAGE, THE KITCHEN ACCOUNTS FOR 40% OF A HOUSEHOLD'S ENERGY USE



RESOURCE MANAGEMENT IN FIGURES



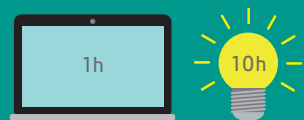
The average person in France produces **8 tonnes CO₂ equivalent** of waste every year, **22%** of which comes from energy used in the home



The average person in France uses an average of **150l of water per day**, enough to fill 2 Olympic swimming pools every year



Leaving the tap on while you brush your teeth (2 min)
=
wasting **26l of water** (18 bottles)



Leaving your **computer screen on for an hour**
=
leaving a **light on for ten hours**