

BEST MANAGEMENT PRACTICES



FOR SOUTH CAROLINA'S HOSPITALITY INDUSTRY

South Carolina's hospitality industry is a large consumer. Each facility purchases goods and services, creates and manages waste, uses energy and water, and just like an individual leaves an environmental footprint. Operating in an environmentally responsible fashion, the state's hospitality industry can lead by example with everyday, cost-effective practices that help protect and preserve South Carolina's environment as well as the quality of life for all South Carolinians. This "Best Management Practices" (BMP) fact sheet is part of a series.

Sustainable Food

So what is "sustainable food?"

From reduced additives and antibiotics, to buying local and "Best Choice" seafood, sustainable food can make a big impact on human health and the environment.

Buying local supports South Carolina's economy. The demand for Certified S.C. Grown products creates more jobs in our rural farming communities.

It's healthier.

Sustainable food is good for the heart and good for the brain.

Grass-fed beef is said to have more than double the Omega-3s than that found in factory, grain-fed meat.

When buying local, you are shortening the time between harvesting and serving at your home. Since food loses nutrients in between that time, you are giving your customers a more nutritious meal.

It's tastier.

Most say sustainable food tastes better because it is fresher. Additives, preservatives and dyes are not typically added when food is local. "Sustainable Table" is an excellent resource for additional information and educational material. Visit www.sustainabletable.org/home.php for details.

'Fresh on the Menu'

The main purpose of South Carolina's "Fresh on the Menu" program is to increase the per capita income of rural South Carolinians through the generation of agricultural commerce. Buying locally grown produce also reduces the distance of transportation, which lowers air pollution and may be less costly.

Chefs participating in the program agree to prepare menus that include at least 25 percent Certified S.C. Grown foods

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The Green Hospitality Program is offered by the S.C. Department of Health and Environmental Control's (DHEC) Office of Solid Waste Reduction and Recycling (Office). To learn about the program or for help setting up, implementing or improving green practices, call the Office at 1-800-768-7348 or visit www.scdhec.gov/greenhospitality.

and products in season. For information on how you can participate, visit www.certifiedscgrown.com/freshonthemenu. Participating restaurants also are listed on the S.C. Department of Agriculture's Web site at www.certifiedscgrown.com/FreshOnTheMenu/Members.

'The Green List'

Monterey Bay Aquarium – located in Monterey, CA – offers a "Green List" for sustainable seafood as part of its community outreach efforts.

The aquarium's list – entitled "Seafood Watch" – helps you choose abundant, well-managed fished or farmed seafood in the Southeastern United States. The list also highlights seafood providers for their efforts not to harm other marine life or the environment. Visit www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_regional.aspx?region_id=5 to view the guide.

What kinds of food are grown in South Carolina?

The S.C. Department of Agriculture lists a wide variety of:

🍒 fruits and vegetables;

🍑 meat, poultry, dairy and eggs;

🐟 fish and shellfish; and

🍷 much more.

To view this list and to see what is in season, visit www.certifiedscgrown.com. The Certified S.C. Grown program also lists participating businesses by county and horticulture product available.

Additional Resources

Below are Web sites for more information on sustainable food and food protection.

🍒 SC Department of Agriculture, <http://agriculture.sc.gov/>

🍒 S.C. State Government Agriculture Web Page, www.sc.gov/Residents/Agriculture/Pages/default.aspx

🍒 DHEC's Food Protection Program (FPP), www.scdhec.gov/health/envhlth/food_protection/program_profile.htm

FPP also updates and interprets regulations, provides technical assistance, training and evaluations of restaurants and full-service hotels. You also can contact the program by calling (803) 896-0640.



The S.C. Green Hospitality Alliance is a free, voluntary program designed to: 1) help South Carolina's hospitality industry reduce the environmental impact of its operations as well as incorporate environmental stewardship and sustainability in its business practices; and 2) promote and recognize member hotels, restaurants as well as other hospitality facilities for their environmentally conscious practices. The Alliance

was developed in partnership by the S.C. Restaurant & Lodging Association and DHEC's Green Hospitality Program.

For more information, call DHEC's Office of Solid Waste Reduction and Recycling at 1-800-768-7348 or visit www.scdhec.gov/greenhospitality.

