



GLOBAL WELLNESS  
SUMMIT 2019

# From Appealing to Healing: The Future of Food

**Peggy Chan**, Executive Chef & Managing Director,  
Grassroots Initiatives, Hong Kong

*Grassroots*  
INITIATIVES

**FROM APPEALING TO HEALING**



*Grassroots*  
PANTRY



grassroots





*grassroots*  
THE  
ALTERNATIVE CATERER

For more information, please visit our catering page at  
[www.grassrootspantry.com](http://www.grassrootspantry.com)



LEISURE      CORPORATE      WORKSHOPS







WORLD  
ECONOMIC  
FORUM



basque culinary world prize

# THE SYSTEM



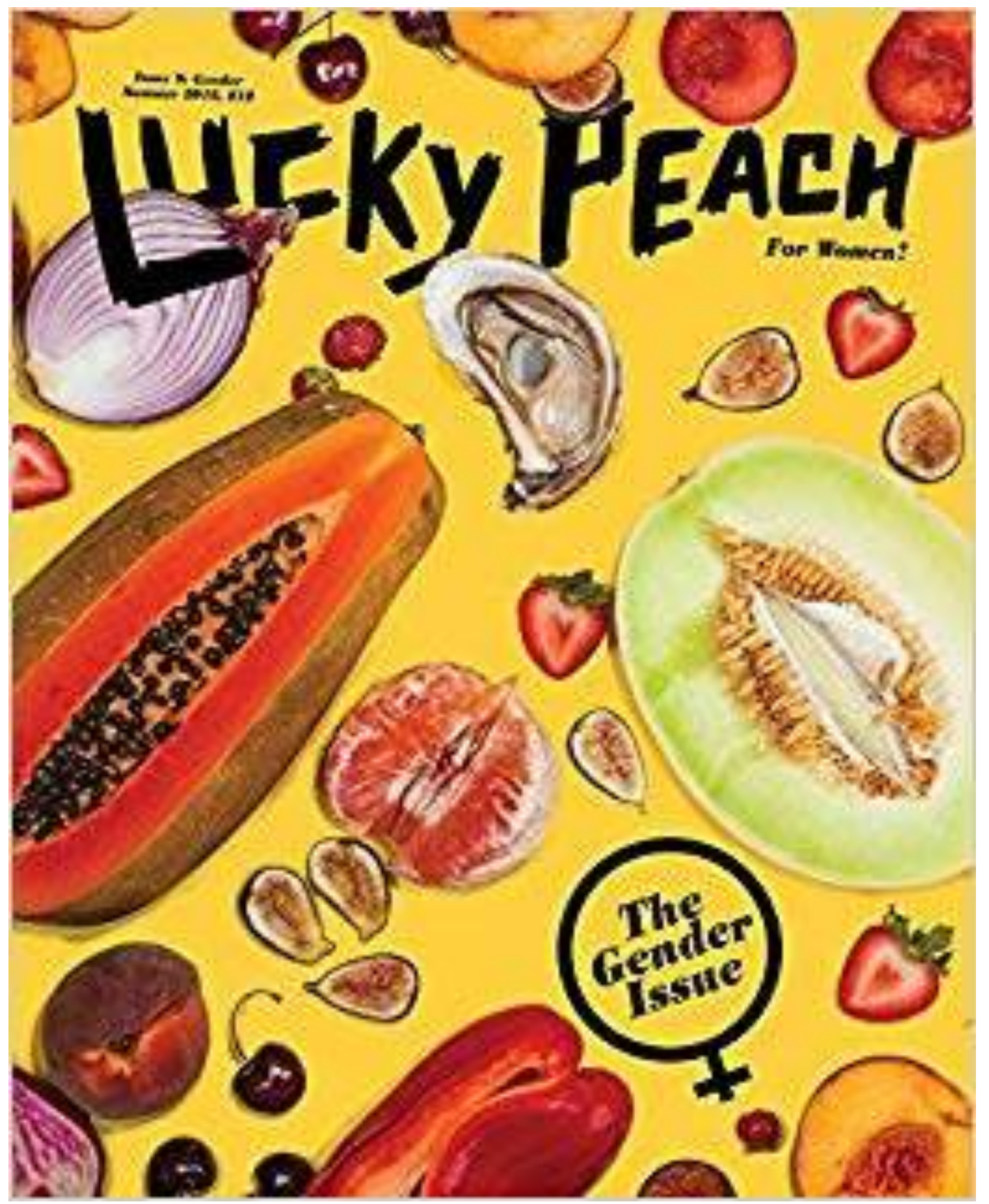






AGREA

**WHERE DO WE SEEK ANSWERS TO  
QUESTIONS THAT HAS NEVER  
BEEN ASKED BEFORE?**



**IS DINING OUT TERRIBLE  
FOR THE ENVIRONMENT?**





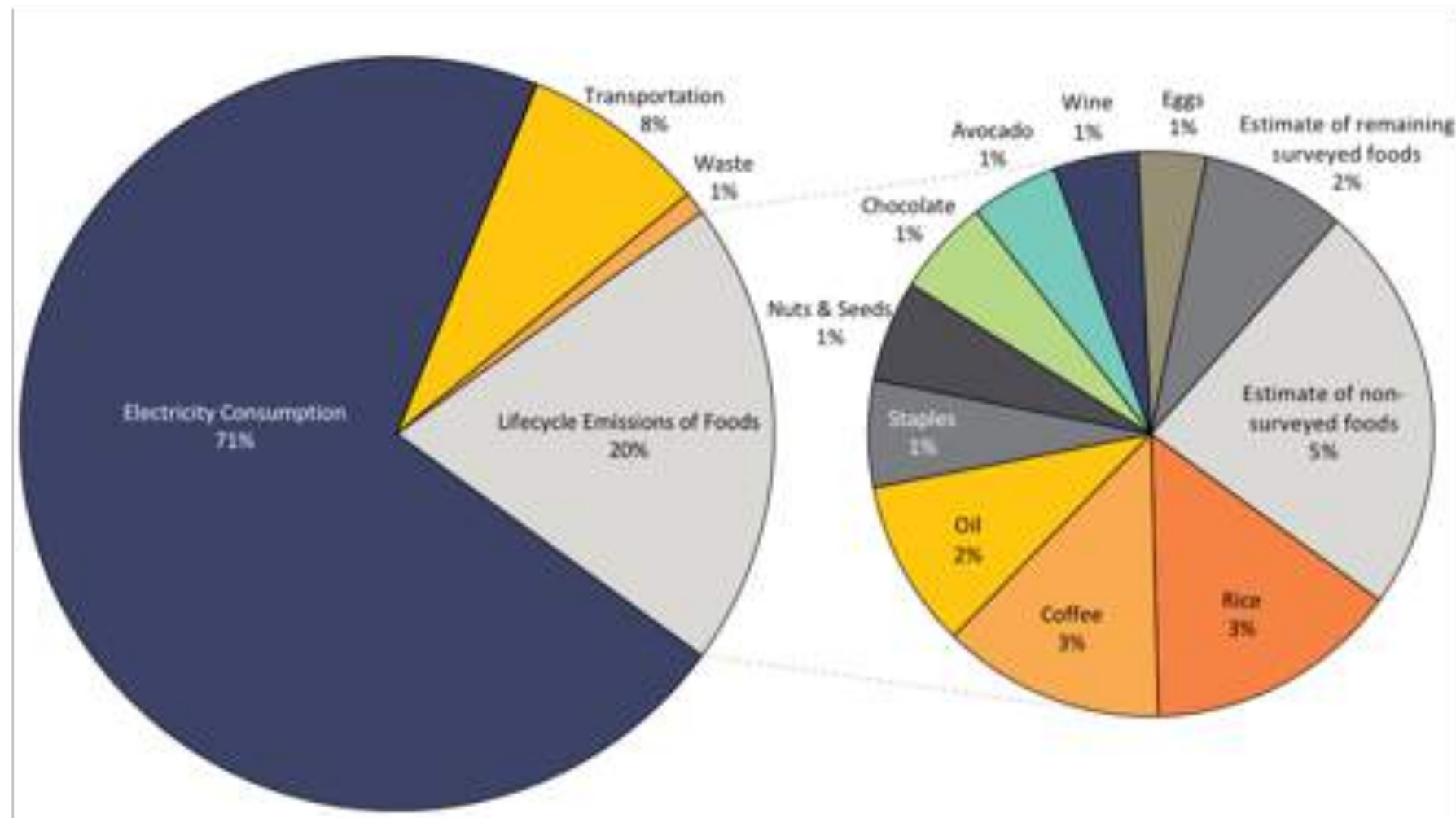
ZERO FOODPRINT

# Grassroots

Hong Kong  
August 15, 2018

ANNUAL FOODPRINT: 232 metric tons CO<sub>2</sub>e

Equivalent to ~50 passenger vehicles driven for one year



- Electricity consumed accounts for 71% of carbon footprint
- Emissions derived from transportation is higher relative to other ZFP participants, due to 97% imports
- Selective Sourcing: Sustainably produced rice results in a 19% reduction in GHG emissions
- Vegetarian menu, relative contributions and emission on a per cover basis are 65% lower than other ZFP participants

## DETAILED SUMMARY OF RESULTS

Annual FoodPrint				
Category	Emission factor	Units	GHG Emissions (MT CO <sub>2</sub> e/year)	Percent of Total
<b>Energy</b>			<b>164.7</b>	<b>71.0%</b>
Electricity Consumption	0.8	kg CO <sub>2</sub> e/MWh	164.6	71.0%
Laundrying	0.4	kg CO <sub>2</sub> e/kg laundry	0.1	0.0%
<b>Transportation</b>			<b>18.5</b>	<b>8.0%</b>
Supplier Deliveries (Ground)	0.3	kg CO <sub>2</sub> e/ton-mi	5.0	2.2%
Supplier Deliveries (Air)	1.7	kg CO <sub>2</sub> e/mi	13.4	5.8%
<b>Waste</b>			<b>2.2</b>	<b>1.0%</b>
Mixed Garbage	530	kg CO <sub>2</sub> e/ton	2.1	0.9%
Recycling	1	kg CO <sub>2</sub> e/ton	0.0	0.0%
Compost	45	kg CO <sub>2</sub> e/ton	0.1	0.1%
Oil/Grease	1	kg CO <sub>2</sub> e/ton	0.0	0.0%
<b>Lifecycle Emissions of Foods</b>			<b>46.4</b>	<b>20.0%</b>
Rice	2.9	kg CO <sub>2</sub> e/kg	7	2.9%
Coffee	10.1	kg CO <sub>2</sub> e/kg	6	2.5%
Oil	3.9	kg CO <sub>2</sub> e/kg	4	1.9%
Staples	0.8	kg CO <sub>2</sub> e/kg	3	1.2%
Nuts & Seeds	1.6	kg CO <sub>2</sub> e/kg	3	1.2%
Chocolate	10.0	kg CO <sub>2</sub> e/kg	3	1.1%
Avocado	1.3	kg CO <sub>2</sub> e/kg	2	1.0%
Wine	1.5	kg CO <sub>2</sub> e/kg	2	1.0%
Eggs	2.1	kg CO <sub>2</sub> e/kg	2	0.8%
Estimate of remaining surveyed foods	various		4	1.7%
Estimate of non-surveyed foods	various		11	4.7%
<b>Total emissions (metric tons CO<sub>2</sub>e/year)</b>			<b>232</b>	
<b>Emissions per cover (kg CO<sub>2</sub>e)</b>			<b>3.6</b>	

### FOODPRINT DOES NOT INCLUDE EMISSIONS FROM:

- + Wastewater treatment
- + Employee commuting
- + Delivery of tap water / disposal of wastewater
- + Maintenance on the building, equipment, or vehicles
- + Personal laundering of employee uniforms
- + Production and delivery of non-food items
- + Waste sent to an offsite recycling facility
- + End-use of cooking oils, fats, and grease (these are destined for conversion into biofuels)
- + Some portion of intermediary transportation between distributor and warehouse may not be captured in this study due to lack of available data

64,464 customers served annually



# OUR SUSTAINABILITY CREDENTIALS



Grassroots Pantry is recognized as an example around the topic of food sustainability

## Background Information

Grassroots Pantry is a restaurant and workshop in Hong Kong with a simple philosophy: to create food that heals, meeting the highest culinary standards and using fresh organic local produce wherever possible and plant-based ingredients. Everything they serve is made in-house, over 90% of their ingredients are certified organic and they don't use any refined sugars in the restaurant.

Founded by Peggy Chan in 2012, Grassroots Pantry was established with the objective to change the way we think about food. Where do our meals come from? How are they produced? What impact do our food consumption choices have on our planet?

They are committed to delivering the cleanest, most ethically-produced and nutrient-dense ingredients. They aim to share that knowledge with their community by setting a new standard of healthy living and



## the Sustainable Restaurant Business

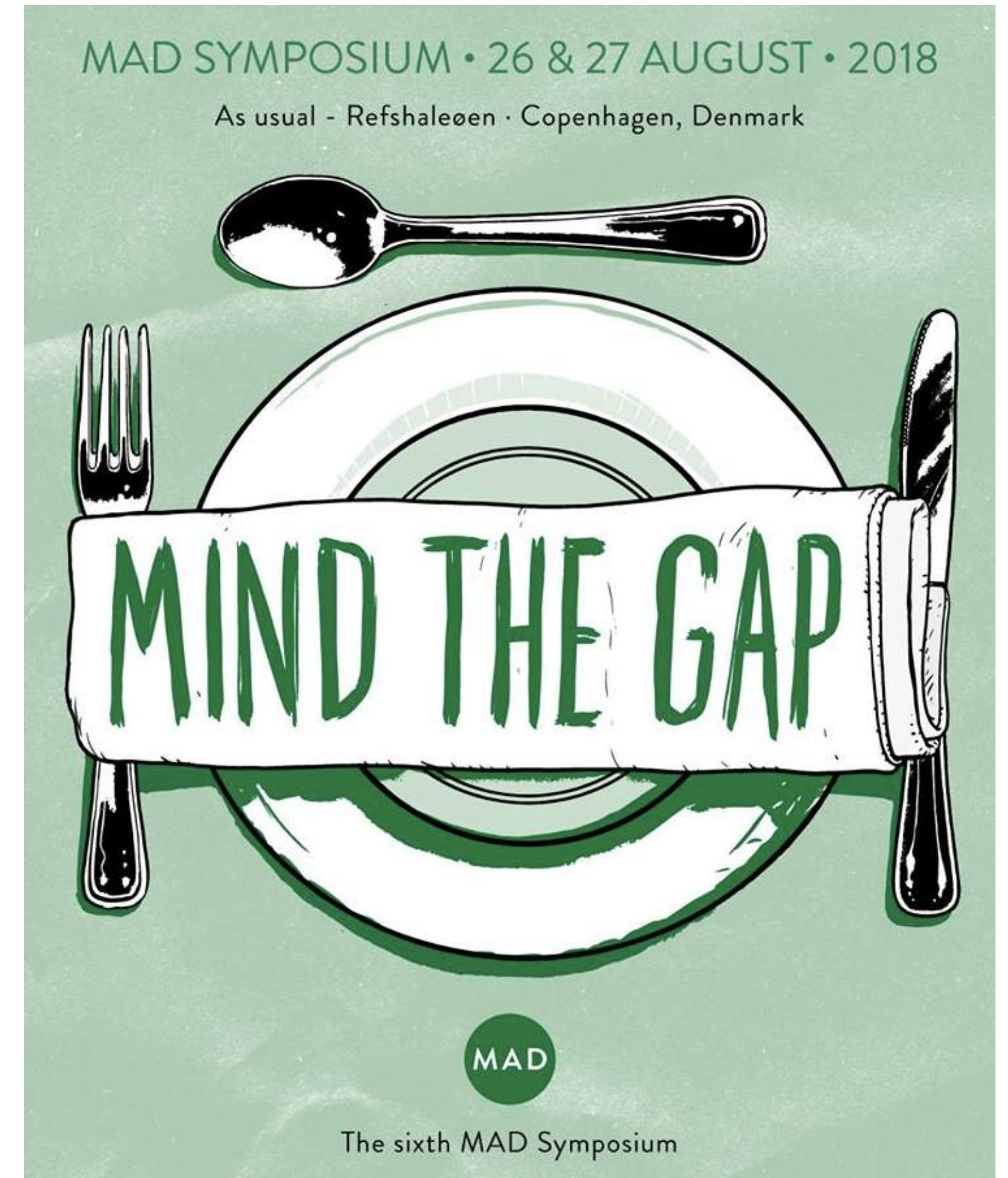


Recently added to the SDG Help Desk's repository of [Best Practices](#) case studies, the actions of [Grassroots Pantry](#)--a Hong Kong restaurant, social enterprise, and sustainable education platform--set a strong example of how sustainable business operations can have great impact across many of SDGs and of how making sustainable food choices can have particularly strong impacts on SDGs 3, 12, and 13 on good health, responsible consumption and production, and climate action respectively.

[Click here to view our 2018 sustainability report](#)

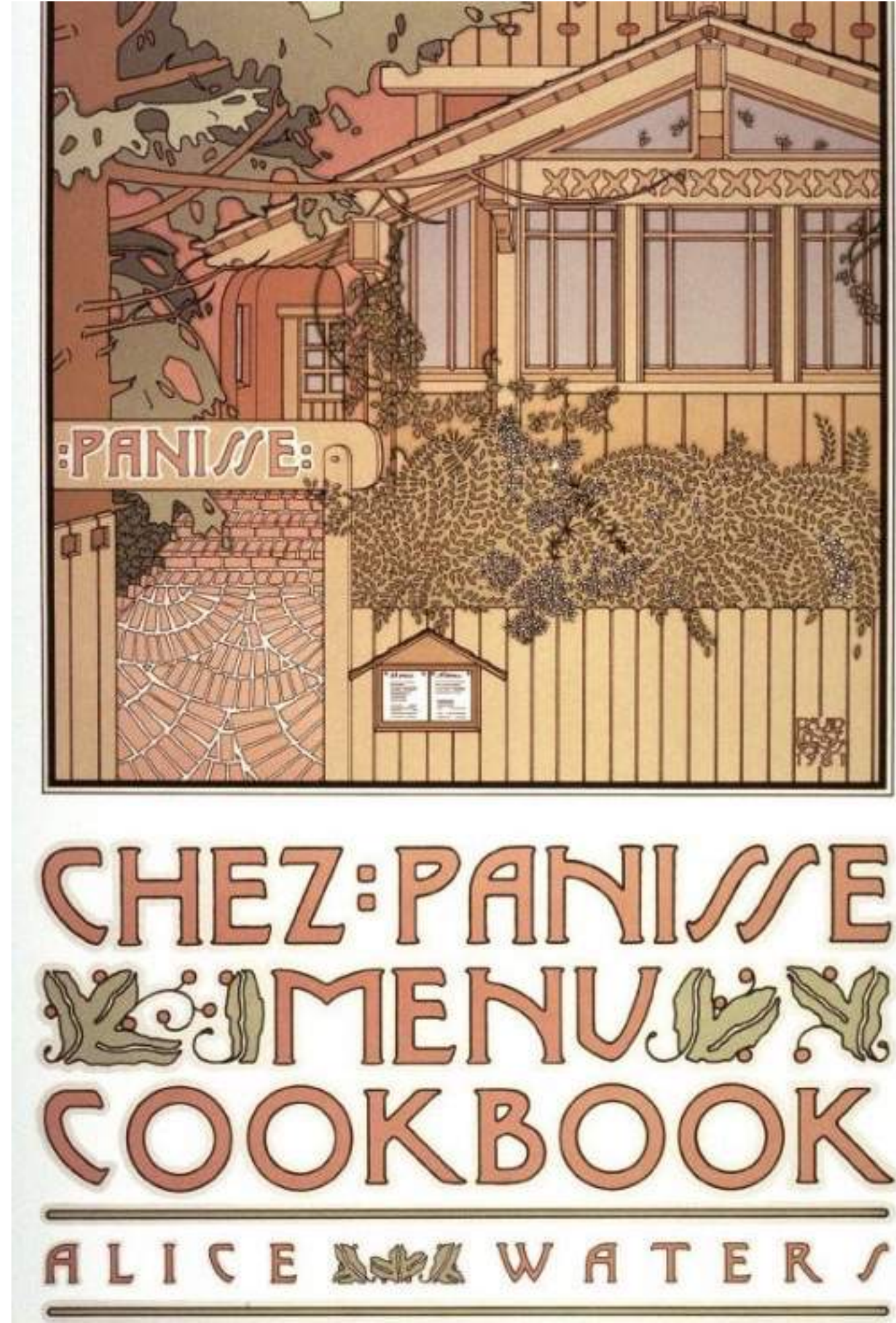
- 1. SERVE PLANT BASED DISHES**
- 2. ACCOUNTABILITY = SOLUTIONS**

# CHEF ACTIVISTS





**World  
Central  
Kitchen**



# THE GRASSROOTS MISSION









# THE FUTURE OF FOOD

