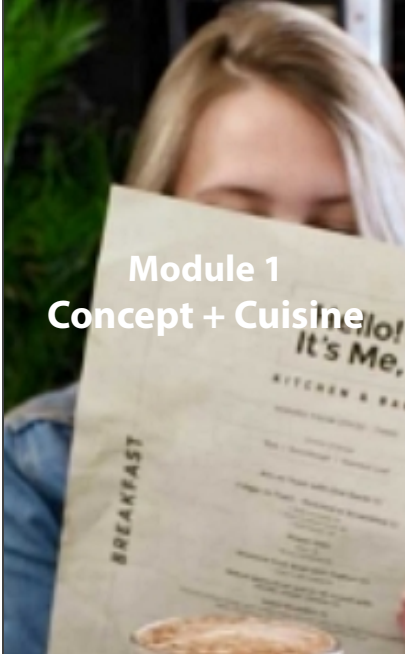


Course Syllabus

SFP Level 1 - Professional/Student Editions



Lesson 1 – Takeaways 1 – *key learning outcomes*

Lesson 2 – Definitions

- What defines sustainability, how to recognize what is and isn't sustainable
- An approach to make sustainability the essential business asset of the future

Lesson 3 – Diversity

- Review of the basic parameters used to measure sustainability
- Sustainable menu design with Video Mentors Andrea Carlson and Brad Long

Lesson 4 – Words with Buzz + Trust

- Review of common terminology (and buzzwords) around food, resources, operations, etc.
- Plants, proteins & possibilities with Video Mentors Brian Luptak, Meeru Dhalwala and Robert Belcham

Lesson 5 – Beyond Menu Design

- Benefits of a zero-waste menu and how it can guide future-proof operations
- Zero-waste menu design principles with Video Mentors Welbert Choi, Brian Luptak and Greg Martin



Lesson 1 – Takeaways 2 – *key learning outcomes*

Lesson 2 – Paying Forward

- Designing a sustainable purchasing policy for both your staff and your potential suppliers, with help from agencies that certify sustainable sources
- Recognizing sustainable supply chains with Video Mentors Jason Boyce and Robert Clark

Lesson 3 – Favouring Local Flavours

- How participation in local food systems serves your menu and your community
- Nurturing local supply chains with Video Mentors Andrea Carlson, Greg Martin and James Kennedy

Lesson 4 – Let's Be Direct

- Best practices in adding producer-direct relationships to your supply chain

Lesson 5 – Make, Bake and Brew

- Boosting sustainability across the entire service offering, from the bread basket to the beverage list

Lesson 6 – Local. Very local.

- How emerging supply solutions, from urban agriculture to rooftop gardens, can contribute to a sustainable menu
- Supporting urban agriculture with Video Mentor Matt Johnstone



Module 3 Hot + Cold

Lesson 1 – Takeaways 3 – *key learning outcomes*

Lesson 2 – It's All About Energy

- Review foodservice energy requirements, and how the choice of energy source impacts your community
- Specifying electric or gas appliances with Video Mentors Welbert Choi and Don Fisher

Lesson 3 – Efficiency is Underrated

- Recognize and choose high-performance kitchen equipment that is also energy-efficient
- The save-your-energy kitchen tour with Video Mentor Don Fisher

Lesson 4 – The Low-carbon Kitchen

- Design essentials of a versatile, adaptable low-carbon kitchen to future-proof your operation
- How to do more with less in a low-carbon kitchen with Video Mentors Tyler Schwarz and James Kennedy

Lesson 5 – Smart Steps: Staff Edition

- Daily actions to conserve energy and water, front and back-of-house

Lesson 6 – Smart Steps: Customer Edition

- Efficient and welcomed ways that help customers do their part



Module 4 Materials+ Waste

Lesson 1 – Takeaways 4 – *key learning outcomes*

Lesson 2 – Know Your Material

- Sort through the supply-side materials to minimize their impact on your community

Lesson 3 – The Future is Not Plastic

- Make the best choices of low-impact packaging for take-out and delivery service
- Identifying sustainable products and their life cycles with Video Mentors Susanna Carson and Greg Martin

Lesson 4 – Closing the Loop

- Recognizing sources of food waste and reducing their impact while boosting food system sustainability
- Minimizing food waste by design with Video Mentors Brad Long, Greg Martin and Robert Clark

Lesson 5 – Keeping it Clean

- Sanitizing your operations while minimizing harm to people and the environment

Lesson 6 – Putting It Out There

- Reducing waste while feeding more of your community



Lesson 1 – Takeaways 5 – key learning outcomes

Lesson 2 – The Case for Business

- Exploring the future-proof principles of a triple-bottom-line business model
- Making the business case for sustainable operations with Video Mentors Bruce McAdams and Daniel Frankel

Lesson 3 – Front + Back

- Creating a sustainable management policy to shift workplace culture while enhancing career advancement and work/life balance for all staff
- Describing a future-proof business culture with Video Mentors Dave Gunawan, Daniel Frankel and Matt Johnstone

Lesson 4 – B2B + B2G

- Developing collaborative relationships with business colleagues and local/regional governments

Lesson 5 – B2C – The Whole Story

- Strategies to best engage the support of customers in all sustainable initiatives
- Talking sustainability to customers and communities with Video Mentors Warren Erhart, Bruce McAdams and Jason Boyce