

# 3<sup>RD</sup> GLOBAL FOOD SECURITY, FOOD SAFETY & SUSTAINABILITY CONFERENCE

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## The first sustainable greek restaurant in NYC: A case study

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**Statement of the Problem:** 90% of the world's fisheries are now fully exploited, or have collapsed according to the Monterey Bay Aquarium Seafood Watch. Livestock and their byproducts account for at least 51% of all worldwide greenhouse gas emissions, according to World Watch. And people are unhealthier than ever, largely because of what they eat. The food service industry, particularly the restaurant sector, can have a big impact on the environment regarding sourcing sustainably grown or caught food. We can also source foods that directly impact our health, while still creating delicious food. 70% of people who dine out say they are trying to eat healthier. Those in food service can help them, and the planet.

**Methodology & Theoretical Orientation:** Kellari Taverna, a Greek restaurant located in midtown Manhattan in New York City decided to source ingredients that were defined as sustainable. The definitions of sustainability included foods that met at least one of the following criteria: organic, local, fresh, non-gmo, no antibiotics, no hormones, no preservatives, from small independent farmers or fisherman who implemented sustainable measures.

**Findings:** It is possible to source sustainable ingredients for a NYC restaurant from food purveyors, farmers, farmers markets, and specialty wholesalers.

**Conclusion & Significance:** The restaurant was able to source the ingredients for every single ingredient on the menu except for several, including pita bread. There was an increase in food costs but it was offset by the kitchen's practices of either recycling food, or using typically discarded ingredients to create other dishes from. The menu was well received by the staff and guests.

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