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BAR ACADEMY

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R A I S E T H E B A R

CREATING A SUSTAINABLE BAR



1. WHAT ARE SOME TOP SUSTAINABILITY ACTIONS THAT ARE EASY TO IMPLEMENT IN A BAR?

- Completing a carbon footprint of your venue can highlight where you can make improvements and put actions in place to reduce your carbon emissions. [See more on the Zero Carbon Forum.](#)
- Learning how to use your equipment and machinery efficiently to reduce waste.
- Effectively compost your food waste or introduce separated collections so it can be processed.
- Saving water by using leftover ice to clean or water plants.
- Turn equipment off overnight to save energy. Find out more [here.](#)



2. HOW IS SUSTAINABILITY IMPORTANT FOR HOSPITALITY EMPLOYEES APART FROM THE ENVIRONMENTAL IMPACT?

- Sustainability is incredibly important to the longevity of the bar and hospitality industry.
- Bar and restaurant staff can improve their employment prospects through learning new and valued skills that they can take into any job.
- Sustainable practices are increasingly important to business owners, employers and customers.
- An employee can also apply sustainability practices that they learn at work within their own home.
- Employees are likely to be more engaged with businesses that embrace sustainability.
- Engaged employees are likely to be more satisfied, and more productive, ultimately reducing staff turnover rates.

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3. HOW DOES SUSTAINABILITY BENEFIT BARS, CUSTOMERS AND THE ENVIRONMENT?

- For a bar, there is an opportunity to save energy which could save money, and increase venue profitability.
- Taking steps towards becoming more sustainable may improve public perception of your venue.
- It gives a bar something spectacular to showcase to your customers - providing a space to be proud of.
- Customers will benefit from having a great experience in your venue.
- Dining in a sustainable bar might inspire them to implement these changes to their own lifestyle.
- In the end, they will enjoy the overall experience, and hopefully return time and time again.
- Making sustainability important to your bar will ultimately help make a positive impact on the environment.
- You will help to preserve or restore the natural environment by producing less waste that ends up in landfill.
- By reducing the use of plastic and recycling your products, bars can contribute to a cleaner community and help reduce damage to natural systems and biodiversity.
- These actions will allow bars to do their part to help slow down climate change.



4. HOW DO YOU GET THE BAR YOU WORK IN TO START MAKING SUSTAINABLE CHANGES?

- There are a couple of ways you can get started. For instance, if you are a bar manager, you can start by implementing food waste techniques. Slowly build one recipe at a time and work on introducing them into a bar program.
- If you do not have the operating power to apply these practices, simply talk about it. Do your research and share your findings with the owner or bar manager. For example, you could show some examples of what the World's 50 Best Bars are doing to save money and be more sustainable. Above all, lead by example and take the steps to be more sustainable at work as well as in your own daily life. Some will be inspired by you and follow suit.

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5. ANY TIPS ON HOW BAR OWNERS CAN USE LESS PLASTIC WHEN DELIVERING?



Opt for third parties and companies that use biodegradable cutlery and utensils (avocado seed cutlery is an option). If not, then aim to use alternative materials, rather than plastic. Have discussions with your suppliers regarding reusable crates and reducing single use packaging for delivery.



6. ANY TIPS ON TRAINING STAFF TO HAVE AN AWARENESS OF SUSTAINABILITY AT WORK?



Sustainability issues can be quickly forgotten about, if they are not brought into everyday conversations and staff training.



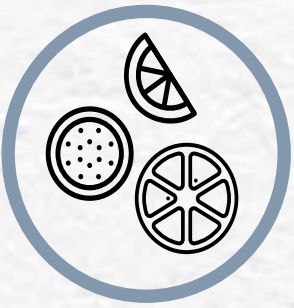
During staff training, discussing sustainability issues and getting the team involved to introduce sustainable initiatives is very important.



Lead by example and inspire. Providing examples of what other bars are doing and how they are helping their communities, can encourage staff members to start shifting their focus to sustainable activities.



Training on sustainability is not a one-off event. It requires a cultural shift in mindset, which comes through repetition and demonstrating change in daily actions.



7. IS DEHYDRATING ENERGY-EFFICIENT FOR REPURPOSING FRUIT WASTE? DOES IT INCREASE BUSINESS COSTS?



Dehydrating is energy efficient if used correctly. Make sure you are using your dehydrating tool to its full potential, filling it up as much as possible. Using a dehydrator gives you preserved food in return, resulting in financial savings.



If you effectively plan ahead, some products can be dehydrated in a dry area, with no energy or equipment needed.



8. DO YOU HAVE ANY TIPS ON HOW TO REPURPOSE EMPTY GLASS BOTTLES?



Use empty glass bottles to fill your batch cocktails in, juices, syrups, and other homemade ingredients. You can even age certain cocktails in glass bottles by keeping them stored in a dry cool place for an extended period of time. Alternatively, they can be used as table centerpieces, for example fill them up with water, or insert a candle.

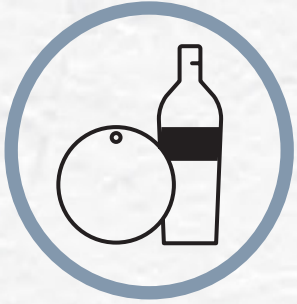
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9. WHAT CAN BE DONE TO REUSE BAMBOO STRAWS?



Bamboo straws can typically be washed a handful of times for reuse, depending on their durability. Most of them are also biodegradable making them easy to compost.



10. WHAT INGREDIENTS MAKE THE BEST PUREES FOR COCKTAILS?



Local ingredients are best for a puree. If you can source local and seasonal ingredients, the puree will be freshly made with a lower carbon footprint. Flavours that are interchangeable work best, for example, passion fruit can be easily replaced with a local prickly pear.



11. WHAT IS YOUR RECIPE FOR BANANA PEEL SYRUP WITH ASCORBIC ACID?



[Renato](#) doesn't yet have a set recipe for how much ascorbic acid you should use, but make sure to keep it at a very minimal amount. Just a pinch or less than a gram will do for most small to medium batch quantities.

BANANA PEEL SYRUP

INGREDIENTS

Banana Peels
Pure Cane Sugar
Mason Jar (or any container)
Blender
Cheesecloth (or a very fine fileter)



METHOD

1. Get your banana peels and dice them up.
2. Mix equal weights of diced banana peels to sugar.
3. Let the sugar and peels sit in a jar overnight at room temperature, or for a minimum of 4-5 hours.
4. Once you notice there are no more sugar crystals, it's time to blend everything together.
5. Once blitzed into a big pile of pulp, strain your liquid out using a cheesecloth.
6. Bottle it up and there you have it! Your banana syrup that has been created just by using the peels of the fruit.