

# Sysco Baltimore is Going Green



Going green is not just the right thing to do; it can benefit your bottom line.

In fact, conserving natural resources and reducing waste can reduce restaurant operating costs, which is critical in these challenging times, and being environmentally friendly can be a great way to bring more customers in your door.

Sysco has reviewed foodservice industry publications, articles, and best practices in the area of sustainability. The collective wisdom of these sources has been distilled to provide actionable advice.



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# How Sysco Baltimore is Going Green

## Energy Efficiency Green Up-Grades

### **Refrigeration System**

- 1) Installed variable frequency drives (VFD) to the booster and swing compressors which saves energy because the motor ramps up or down depending on the load. Before the motors would run at 100% regardless of the load.
- 2) Installed a high-efficiency control package program which includes a wet bulb feature that cycles condenser fans off when ambient temperature and humidity dictates, (i.e. when the temperature outside is high and the humidity is high as well some condenser fans will turn off because it is useless to run all the fans to condense the ammonia vapor due to the ambient conditions.) The program also has a swirl control feature that cycles the evaporator fans on every 20 minutes to move the air so the evaporator doesn't need to refrigerate as much.

### **Warehouse**

- 1) Did a one-for-one lighting retro-fit. Replaced high pressure sodium and metal halide fixtures with fluorescent light fixtures that have motion sensors set at 15 minutes. This reduced our lighting energy consumption by approximately 43%.
- 2) Installed humidity-stats at freezer door which are heated air curtains. They only heat when the humidity is high rather than all the time.
- 3) Replaced incandescent dock traffic lights with LED lights.
- 4) We use low VOC paints.(Volatile Organic Compounds)
- 5) We recycle plastic, paper, cardboard and scrap steel.

### **Office Areas**

- 1) Installed PIR (Passive Infra-Red) motion sensor wall switches for lights.
- 2) We are currently in the process of replacing 20 year old HVAC units with new higher SEER (Seasonal Energy Efficiency Rating) units. Three have been replaced to date.
- 3) We have installed programmable T-Stats for all HVAC units. The units only service the areas when occupied.
- 4) We tinted all windows with reflective tint to help keep the areas cooler to reduce the need for A/C.

## What is XY Routing?

Sysco Baltimore's Green Routing initiative showcases our strong commitment to the environment in every way. Sysco will now supply its quality assured products through our distribution network that will reduce fuel consumption, CO2 emissions, and traffic congestion while increasing on time delivery, order accuracy and consistency to our valued customers. Sysco Baltimore is committed to the future of our industry by developing sustainable solutions that support the environment.

***Green Routing focuses on sequencing customers for Increased route efficiencies.***

***Designated Delivery Days ensure customers receive the products they order on their assigned delivery day.***

***Environmental benefits of***

***Green Routing & Designated Delivery Days:***

- Reduced Fuel Consumption
- Fewer Vehicles Required
- Lower CO2 Emissions





"Earth Plus" products means the product meets or exceeds the E.P.A. classification of D.F.E. or "Designed for the Environment" and are green products. A M.S.D.S Sheet comes packed inside every case of Sysco Branded Chemical, so you will always have a updated version when asked by the health department.

SUPC	Pack	Description	Brand	ManuCode
5512249	4 / .5 GAL	CLEANER ALL PURP BLUE CONCNR	SYS CO	21033
6223531	6 / 1 QT	CLEANER ALL PURP GLS SURF RTU	SYS CO	6223531
5845425	4 / 1 GAL	CLEANER DEGREASER KTCN WRK SAF	SYS CO	21039
6223440	6 / 1QT	CLEANER DEGRSR RTU	SYS CO	21041
6321840	2 / 2 L.	CLEANER DEGRSR SOY BASED	SYS CO	21784
6223499	6 / 1 QT	CLEANER GLASS KLEER VIEW RTU	SYS CO	
5061635	2 / 1GAL	CLEANER GLASS RTU KLEER VIEW	SYS CO	23424
5551692	4 / 5 QT	DETERGENT HAND LIQ DISH GREEN	SYS CO	21035
7171002	2 / 100 OZ	DETERGENT LAUNDRY OCEAN POWER	SYS CO	0652
4783288	6 / 32OZ	NEUTRALIZER ODOR ELMINTR PLUS	SYS CO	21021
5637384	4 / 1 GAL	SOAP OIL NATURAL CLEANER	SYS CO	NAT-OWS4

## Sysco Recognized for Industry Leading Safer Detergents Initiative

**HOUSTON, February 19, 2009** -- Sysco Corporation (NYSE: SYY) announced today that it has been awarded a prestigious Champion award from the Safer Detergents Stewardship Initiative (SDSI), part of the Design for the Environment (DFE) Program of the United States Environmental Protection Agency (EPA). The SDSI program recognizes environmental leaders who voluntarily commit to the use of safer surfactants, which break down quickly to non-polluting compounds and help protect aquatic life in both fresh and salt water.

Sysco is equally committed to excellent product performance and a cleaner environment. The company's Earth Plus brand is currently the second largest offering of EPA-recognized products in the United States. By eliminating hazardous solvents, environmentally persistent surfactants and other chemicals of concern, and replacing them with safer ingredients, Sysco consistently demonstrates its commitment to environmental protection. You can read more about Sysco's sustainability practices in its corporate sustainability report at [www.sysco.com](http://www.sysco.com).

"Safe, quality products are of utmost importance to Sysco and our participation in the EPA's DFE program and SDSI is a hallmark of our quality assurance program," said Rick Schnieders, Sysco's chairman and chief executive officer. "We hope our industry will follow Sysco's example, as safer surfactants provide benefits for all."



### Eco-Facts

Every ton of 100% post-consumer waste recycled paper saves: 12 trees, 1976 lbs. of greenhouse gases, and 390 gallons of oil.



For more information about what Sysco has done to go green and to view our sustainability report for 2008, visit [www.sysco.com](http://www.sysco.com)

# "Green" Terminology

## **Air Pollution**

Addition of harmful substances to the atmosphere resulting in damage to the environment, human health, and quality of life. A by-product of the manufacturing process and transportation of goods. Buying eco-friendly products indirectly reduces air pollution.

## **Alternative Energy**

Naturally generated energy source: any form of energy obtained from the sun, wind, waves, or another natural renewable source, in contrast to energy generated from fossil fuels.

## **Biodegradable**

Capable of decomposing under natural conditions.

## **Bio-Diesel**

A diesel-equivalent, processed fuel derived from biological sources (such as vegetable oils), which can be used in unmodified diesel-engine vehicles.

## **Carbon Dioxide (CO<sub>2</sub>)**

A colorless, odorless gas that passes out of the lungs during respiration. It is also given off by volcanoes. It is the primary greenhouse gas, because it is long lived (approximately 100 years) and causes the greatest amount of global warming of the long-lived gases.

## **Compact Fluorescent Bulb**

A smaller version of a fluorescent lamp that fits into a standard light bulb socket. Fluorescent bulbs create light in a more energy-efficient way. According to General Electric, a 15-watt compact fluorescent bulb produces the same amount of light as a 60-watt regular incandescent bulb.

## **Eco-Friendly**

An alternative to goods usually bought in most stores. These products are made with ecology and the environment in mind.

## **Energy Efficiency**

Energy Efficiency occurs when you use less energy to accomplish the same task, for example heating your home or washing clothes. Using less energy means less air pollution and lower costs. To save energy in your home, you can use weather stripping, a water heater blanket or compact fluorescent light bulbs. Also, when shopping for household appliances, look for the Energy Star to find appliances that use less energy and lower your electricity costs.

## **Ethanol**

An automotive fuel derived from grass, sugar cane or corn. Burning ethanol adds carbon dioxide to the atmosphere, but it is seen as a renewable fuel, like solar power, that does not deplete natural resources.

## **Fossil Fuel**

Hydrocarbons, primarily coal and petroleum (fuel oil or natural gas), formed from the fossilized remains of dead plants and animals.

## **Global Warming**

Global Warming is the rise in the earth's temperature resulting from an increase in heat-trapping gases (mainly carbon dioxide and methane) in the atmosphere. Fossil fuels used in the production of electricity contribute to two-thirds of these gases found in the atmosphere.

## **Going Green**

A phrase referring to action that can be taken to consciously curb harmful effects on the environment through consumer habits, behavior, and lifestyle.

## **Greenhouse Effect**

The consequence that certain gases, chief amongst them carbon dioxide, have on the earth's climate. Though they constitute less than 1 percent of the atmosphere, they act like a blanket covering the earth. Without the greenhouse effect, the average global temperature would be around 0°F instead of the current toasty 59°F.

## **Green Power**

As defined by Green-e, this term is synonymous with "eligible renewable resource product."

## **Green-Washing**

Claiming that you are "going green" but are not changing habits, behaviors and lifestyles that are harmful to the environment. People really do notice if you walk the walk.

## **Methanol**

An alcohol that can be used as an alternative fuel or as a gasoline additive.

## **Organic**

Organic foods are produced according to certain production standards. For crops, it means they were grown without the use of conventional pesticides, artificial fertilizers, human waste, or sewage sludge, and they were processed without ionizing radiation or food additives.

## **Ozone**

The gaseous, almost colorless form of oxygen that protects the earth against ultraviolet radiation in the upper atmosphere, but is part of the chemical pollution nearer to the Earth.

## **Pollution Prevention**

Reducing the amount of energy, materials, packaging, or water in the design, manufacturing, or purchasing of products or materials in an effort to increase efficient use of resources, reduce toxicity, and eliminate waste.

## **Post-Consumer**

Refers to recycled material that was used first by a consumer. A high post-consumer content helps divert materials from ending up in landfills.

## **Pre-Consumer**

Refers to recycled material that came from the manufacturing process. Pre-consumer recycling of scraps and discards diverts waste that may otherwise end up in landfills, and reduces use of raw materials.

## **Recyclable**

A product or material that can be converted back into material that can be used again in manufacturing new goods. Typically, recyclable materials (aluminum, steel, paper, etc.) must remain in their pure form. If too many adhesives are used, or a product is made from a composite, those materials may not be separated at the end of its life-cycle for recycling.

## **Recycled**

To use again or reprocess.

## **Renewable Resources**

Sources of electricity, such as solar electric, wind, geothermal, biomass and hydroelectric. A resource is called renewable if it can be naturally replenished. In general, renewable have lower environmental impacts than nonrenewable.

## **Sustainable**

Actions and products that meet current needs without sacrificing the ability of future generations to meet theirs.

Sustainability is a broad term and often refers to the desire to provide the best outcomes for the human and natural environments both now and into the indefinite future.

## **Waste Reduction**

A process to reduce or eliminate that amount of waste generated at its source or to reduce the amount of toxicity from waste or the reuse of materials. With regards to the environment the creation of waste is a growing problem, as landfills get filled and toxins leach back into the ground. The best way to reduce waste is not to create it in the first place.

# How to Go Green- Areas of Focus

## Build Green

If you are opening a new restaurant, thinking about renovations, or just taking notes for future locations, there are several creative ways to keep the environment in mind.

To conserve energy, use natural light whenever possible. This will naturally warm the space and reduce electricity consumption. Kitchens should be designed around energy-efficient appliances and equipment. Rooftops can be painted to reflect sunlight and lower air conditioning costs. An up front investment in high quality, efficient products will save significant cash down the road.

Also consider using products that contain recycled materials. There are numerous tiles, décors, centerpieces, and light fixtures made from recycled glass. Old wooden doors make great tabletops or hostess stands. Look for restaurant furniture auctions. These events often showcase retro materials, hard-to find novelties, and even antiques.

Finally, be sure to seek out sustainable building materials. Bamboo is harder than most woods and is fast-growing and rapidly renewable. Sisal fiber contains low or zero volatile organic compounds (VOCs). This product safeguards indoor air quality by reducing emissions from paints and adhesives, and minimizes sound transmission within the building. Granite alternatives that are made from recycled newsprint look great and make excellent countertops.

## Conserve Energy

Conserving energy is a great way to help the environment and reduce costs. Virtually every restaurant can employ numerous free or inexpensive techniques for cutting back on electricity use. A few examples:

- **Unplug and turn off.** When devices that run on electricity are not in use, unplug them. This includes computers, electronics, coffee machines, the POS system, and any small appliance. Turn off lights and cooking hoods when they are not in use. Consider installing motion detectors in storerooms, offices, and restrooms, and set lights on timers.
- **Replace lighting.** Replace incandescent light bulbs with longer lasting CFL or LED lights. Don't forget exit signs traditional signage can be replaced with LED exit lighting.
- **Clean and maintain.** Clean equipment uses energy more efficiently. Regularly dust all appliances, top to bottom. Also perform routine preventive maintenance on HVAC, plumbing, appliances, and major equipment.

## Decrease Water Usage

Water usage is another area where restaurants can do their part to help the environment while saving money. Tips include only serving customers water upon request and running dishwashers only when they are full. Opportunities for water conservation exist in all areas of the operation:

- **Kitchen.** Turn off the continuous flow used to clean drain trays of the beverage island. Clean the trays only as needed. Reuse water from steam tables to wash down the cooking area. Recycle water where feasible, consistent with state and county requirements. For example, consider recirculating rinse water from the dishwasher to the garbage disposal.

- **Bar.** Don't use running water to melt ice in the sink strainers. Investigate installing automatic shut-off faucets for the bar sink.

- **Maintenance.** Check for leaks and turn off any unnecessary flows. Repair dripping faucets and leaking toilets. (A leaky toilet can waste more than 50 gallons of water a day.) Reduce the water used in toilet flushing by adjusting the vacuum flush mechanism or installing toilet tank displacement devices. Switch from wet or steam carpet cleaning methods to dry powder methods and instruct the clean-up crew to use less water for mopping.

## Reduce Waste

Today, food waste losses account for up to \$30 to \$40 billion per year in restaurants and convenience stores. Less than 3% of food waste is currently recovered. Other types of waste occur as well, including waste in beverages, paper products, chemicals, and more. Programs to reduce waste, particularly food waste, can result in both economic and societal benefits.

- **Economic benefits.** From an economic perspective, developing a food waste reduction program can decrease disposal fees, lower sewer treatment and electricity costs, and decrease purchasing costs because the restaurant only buys what is needed. The extra food that is present at the end of a shift contributes greatly to the amount of food waste and affects an operation's food cost percentage.

Using prep sheets that base production on actual sales history and projections, instead of "well, we've always made this much," will help decrease the amount of food leftover, thereby lowering food costs.

- **Societal benefits.** Donating food can assist people and animals in need. It can also be used for industrial purposes and composting. (In addition, donations can result in tax deductions).

A good first step in developing a food waste reduction program is conducting a food waste audit. Track and collect data on the types and amounts of each food scrap item. The quality of the food scraps and the estimated generation rate will help determine how to reduce the amount of food waste and divert it for useful purposes.

The Environmental Protection Agency (EPA) has created the Food Waste Recovery Hierarchy to prioritize different methods for reducing surplus food. The levels of this hierarchy are:

• **Source reduction.** Based on the outcome of the food waste audit, operators can change their operations to reduce unused food. Operators can also talk with their Sysco Marketing Associates about products that are packaged in ways that can reduce the amount of material being disposed. For example, consider buying products in concentrate form, using refillable condiment bottles, buying shelf-stable food in bulk, or purchasing recycled paper products.

• **Feed people.** Unsold or excess food that meets quality and safety standards can be donated to food banks. Many national and local food recovery programs offer free pickups and containers. The Bill Emerson Good Samaritan Food Donation Act (Public Law 104-210) protects food donors from legal liability.

• **Feed animals.** Determine if local farmers or zoos use food scraps as animal feed. There may also be nearby companies that convert food scraps into animal food products.

• **Industrial uses.** Waste oils, fat, and grease can be rendered into a raw material to make biodiesel, soaps, and cosmetics.

• **Composting.** Food scraps can be composted either at a composting facility or on-site. Contact your local or state environmental agency to find out more about composting options in your area.

*Use of landfills and incineration, which is common today, is the last resort for food, only after the other options have been exhausted.*

## Become "Certified Green"

One way that operators can demonstrate their environmental commitment is by becoming a Certified Green Restaurant™.

This is a certification offered by the Green Restaurant Association (GRA), a non-profit, national environmental organization.



The GRA has developed environmental standards for restaurants, a points system where operations can earn points in hundreds of different ways for reducing their environmental impact, and a suggested process for becoming Certified Green.

A key step in this process is securing support for going green from an operation's key financial, marketing, and operational stakeholders. Their support is based on understanding the benefits of having a more environmentally friendly operation.

• **Financial.** The key financial issue is understanding the short- and long-term financial impact of operating a more sustainable business. The GRA can help demonstrate how restaurants are saving money through lower gas, oil, water, electricity, and garbage costs.

• **Marketing.** Becoming a Certified Green Restaurant™ provides an opportunity for an operator to project a positive image and to appeal to the large segment of society that cares about the environment.

• **Operations and Purchasing.** Those with operational and purchasing responsibilities may be concerned that going green will compromise quality or causes purchasing headaches. But once the GRA explains its 18-year-old system of working with vendors to create a smooth change process, fears of operational concerns usually disappear. Those in operations and purchasing can be confident that instead of being a burden to staff, the process of environmental improvement will contribute to positive employee morale and higher productivity.

Once a restaurant has the necessary buy-in and support to proceed with becoming green certified, the next step is to develop a strategy for certification. The GRA works with each restaurant to conduct an environmental assessment, and then environmental consulting, implementation, education, certification, and communications.

## Involve Employees

In implementing each of these environmental strategies, operators should include their staff in the discussion of what to do and the implementation plans. Ask for their input and assistance in reducing waste and reducing consumption of electricity and water. Involving staff in the decision-making process and rewarding them for good ideas can pay dividends with higher productivity, better morale, lower costs, and less waste.



Printed on Recycled Paper

# Greenware Items In Stock at Sysco Baltimore

	SUPC	Pack	Description	Brand	ManuCode
Paper Hot Cups & Lids <i>Compostable lined with PLA plastic</i>	5479524	20 / 50 CT	CUP HOT BIODEG 12 OZ	ECOTANR	SMRE-12
	5479544	20 / 50 CT	CUP HOT BIODEG 16 OZ	ECOTANR	SMRE-16
	5479557	20 / 25 CT	CUP HOT BIODEG 20 OZ	ECOTANR	SMRE-20
	1513175	12 / 100 CT	LID PLAS DOME SIP BLK F/12S-20	IMPRIAL	LHRDSB-16
	6005908	1200 / CT	SLEEVE PAPER NAT CUP BUDDY	ECOTANR	RCDK-20
Paper Hot Containers	5998705	20 / 50 CT	CONTAINER FOOD COMPOSTABLE 8Z	ECOTANR	DFRE-8
	6568275	1000 / 12 OZ	CONTAINER FOOD COMPOSTABLE 12Z	ECOTANR	DFRE-12
	5886249	500 / 16 OZ	CONTAINER BIODEG SOUP CUP	ECOTANR	DFSE-16
	7450794				
	7736756				
	6055253	10 / 50 CT	LID PLAS WHT VENT 16-32 OZ	INTPAPR	LFRFH-32
Clear Cup & Lids	7736978	20 / 50 CT	CUP PLAS 12 OZ GREENWARE PLAIN	FABRKAL	GC12S
	7737729	20 / 50 CT	CUP PLAS 16 OZ GREENWARE	FABRKAL	GC16S
	7739279	20 / 50 CT	CUP PLAS 20 OZ GREENWARE	FABRKAL	GC20
	7770332	10 / 100 CT	LID PLAS CLR X-SLOT 12&20	FABRKAL	LGC12/20
	8851313	1000 / EACH	LID PLAS CLR X-SLOT	FABRKAL	LGC16/24
	4857811	1000 / EACH	LID PLAS DOME W/HOLE F/16OZ	FABRKAL	DLGC16/24
Fiber Containers	7359779	4 / 100CT	CONTAINER PAPER 6X6X3 BIODEG	BRDG GT	ECO-6 HW
	7376880	200 / EA	CONTAINER PAPER 8" BIO	BRDG GT	ECO-HW
	7376893	200 / EA	CONTAINER PAPER 3-CMPT 8" BIO	BRDG GT	ECO-8-3HW
	7376906	200 / EA	CONTAINER PAPER 9" HNG BIO	BRDG GT	ECO-9HW
	6277002	200 / 9X9	CONTAINER BIODEG BAGASE 1COMP	PACTIV	MCH-0901
	6276986	200 / 8X8	CONTAINER FIBER BAMBOO 1COMP	PACTIV	MCH-0801
	6277012	200 / 9X9	CONTAINER FIBER BAMBOO 3COMP	PACTIV	MCH-0903
	4598561	4 / 50 CT	BOX PAPER BIOPLUS #2 BRN	FOLDPAK	02BPEARTH
	6192837	160 / EA	CONTAINER PAPER BIOPLUS #4	BIO PAK	04BPEARTH
	6403044	6 / 50	CONTAINER PAPER EARTH PLUS #8	BIOPLUS	08BPEARTH
	6221549	4 / 50	CONTAINER PAPER BIOPLUS #3 NAT	BIOPLUS	03BPEARTH
	7288921	1 / 450 CT	CONTAINER PAPER BIOPLUS #1 NAT	FOLDPAK	01BPKRAFTMA
	Earth Choice -NEW-	7138058	400 / 6 IN	CONTAINER PLAS HNG 1C EART CH	PACTIV
7138213		100 / 9"	CONTAINER PLAS HNG 1C EARTH CH	PACTIV	CN8-0901
7207644		200 / 8X8	CONTAINER PLAS HNG 1C EARTH CH	PACTIV	CN8-0801
Clear Plastic Containers	6234779	100 / EA	BOWL PLASTIC 32 OZ W/DOME	WILKNSN	L32N
	6571713	160 / 8X8X3	CONTAINER BIODEG CLR HNG 1COMP	WILKNSN	N32N
	5375801	1 / 250 CT	CONTAINER PLAS HNG 6" CLR	WILKNSN	N20N
Paper Plate & Bowl	4755497	1000 / 6IN	PLATE PAPER 6IN ROUND WHT	GRNWAVE	TW-POO-001
	4767960	500 / 9IN	PLATE PAPER 9IN RND WHT	GRNWAVE	TW-POO-010
	4755621	1200 / 12 OZ	BOWL PAPER 12OZ WHT	GRNWAVE	TW-BLO-003
Bags • Napkins Cutlery	6057265	500 / EA	BAG DISP BIODEG 16X20	ECOPROD	191127
	3432754	100 / 64GAL	LINER TRASH COMPOST 47X60 1ML	BIOTUFF	Y9460YER01
	5889407	12 / 500 CT	NAPKIN DISP XPRESSNP 1/4FD NAT	TORKUNV	DX906E
	6388084	1 / 1000CT	FORK PLASTIC CORN STARCH	ECOPROD	EP-S002
	6388108	1 / 1000CT	KNIFE BIODEG MEDIUM WEIGHT	ECOPROD	EP-S001
	6388116	1 / 1000CT	SPOON BIODEG MEDIUM WEIGHT	ECOPROD	EP-S003