

AMERICAN CULINARY FEDERATION EDUCATION FOUNDATION
 Required Knowledge & Skill Competencies For Cooking Programs - Certificate & Diploma Programs

KNOWLEDGE AREA: Sustainability			
Course Number(s) and Titles Where Competencies are met (attach Course outlines/Syllabi):			
PURPOSE: Demonstrate the importance of a variety of sustainability practices and be able to implement them in foodservice operations as a means for controlling operating costs and for being good environmental stewards.			
COMPETENCIES: Students will be able to:			
	Course Number	Contact Hours	
		Lecture	Lab
1.Sustainability through Purchasing/Procurement			
<ul style="list-style-type: none"> Identify environmentally friendly cleaning products and what common chemicals they can replace. Identify and compare costs. 			
<ul style="list-style-type: none"> Research/identify the benefits of using fiber textiles, including fiber textiles made from other recycled materials (e.g.; carpet, clothing, seat covers, towels, napkins, curtains, etc.) 			
<ul style="list-style-type: none"> Identify regularly purchased products that could be replaced with recyclable, reusable or biodegradable items. 			
2. Sustainability through Waste Control			
<ul style="list-style-type: none"> Define composting and the different types of composting methods. 			
<ul style="list-style-type: none"> Identify products appropriate for composting. 			
<ul style="list-style-type: none"> Identify the benefits to society of recycling. 			
<ul style="list-style-type: none"> Identify a variety of products that can be recycled in a foodservice operation. 			
<ul style="list-style-type: none"> Identify a variety of areas where waste control can be implemented in the kitchen. 			
<ul style="list-style-type: none"> Research recycling and composting policy in your municipality. 			
3. Sustainability through Energy Conservation			
<ul style="list-style-type: none"> Develop a power up/power down worksheet for your facility. 			
<ul style="list-style-type: none"> Research variable speed hoods and describe their energy use. 			
<ul style="list-style-type: none"> Identify/research the cost benefit of replacing several large and small pieces of kitchen equipment with an energy saving model. 			
<ul style="list-style-type: none"> List places within the foodservice environment that is ideal for motion sensor switches. 			
<ul style="list-style-type: none"> Determine which light bulbs in your foodservice environment could be changed to CFL or LED bulbs resulting in cost savings. 			
<ul style="list-style-type: none"> List the pros and cons of using these types of bulbs, including the cost difference and long-term usage. 			

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• Identify energy and money saving plans for lighting.			
• Define “energy efficient.”			
• List benefits of “energy efficient” equipment.			
• Identify proper pre-heating times for different kinds of kitchen ovens.			
• Develop a cleaning schedule for major equipment – stoves/coolers – and benefits (e.g.; longevity of equipment).			
• Identify several pieces of small equipment that require proper maintenance and cleaning to ensure efficiency.			
4. Sustainability in Fabrication			
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5. Sustainable/Community Centered Purchasing			
• Define ten (10) terms used to describe “sustainable” foods (e.g.; free range, organic, heritage, heirloom, rBGH-free, etc.)			
• Identify the pros and cons of purchasing locally.			
• Understand the concept of sustainable seafood, and list 10 fish that are on the red, yellow, and green lists.			
• Research the benefits and issues related to aquaculture and wild-caught fish, along with the different wild-caught fish methods.			
6. Sustainability through Water Conservation			
• Survey all faucets to identify any leaks.			
• Identify simple steps to conserve water.			
• Identify the most energy efficient approved thawing process.			
• Research water efficient appliances			
• Research low flow aerators and identify which faucets are best suited for such devices.			
• Determine the cost of water in your municipality.			
• Describe how and why water pipes should be insulated.			
7. Sustainability – Purchasing “Cents”			
• Identify local purchasing sources for produce and fruits.			
• Identify seasonally specific products. Discuss the pros and cons of menuing seasonal products.			
• Identify the benefits and challenges of establishing a facility garden to provide produce and herbs for your kitchen.			
• Compare the price of non-local to local food.			

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8. Sustainability through Recycling			
• Identify local source(s) for recycling fats, oils and grease.			
• Discuss the financial implications of recycling fats, oils and grease from a restaurant's perspective.			
• Identify items that contain batteries that should be recycled.			
• Determine/research the cost benefit of recycling cardboard or another item.			
• Identify one organization in your area that will recycle glass.			
• List the post-consumer paper content in the paper products being used throughout the facility.			
• Research how alternatives to paper towels compare in terms of sustainability.			
9. Sustainable Equipment = energy use			
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10. Sustainability – Be a Leader in Sustainable Practices			
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