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# Food Services

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## Sustainable CU Canteens

Sustainable catering is a concept aimed at **reducing the negative environmental impacts of food production and consumption** and promoting health. It includes food choices and eating habits that promote ecological balance, social justice, economic viability, and human health. These aspects also support the wellbeing of the university community, which is one of the objectives of the [CU Sustainable Development Strategy](#) .

Charles University emphasizes **varied and balanced food options** not only in the canteens but also in the participating cafeterias, buffets, and vending machines. Thus, it offers cold and hot meals in meat, vegetarian, and vegan versions to all students and staff. For meat-free meals, consideration is given to nutritional balance – so fried cheese is not a standard starting point.

As part of the introduction of a **daily vegetarian and vegan menu**, several training sessions for canteen staff and subsequent tasting sessions have already taken place. Natural ingredients of high quality are used according to standards, not only for vegan food. The growing demand for meat-free dishes, which currently accounts for about one third of the meals, shows the success of the measure.

However, the university's efforts to **operate the canteens sustainably** go beyond the food offered, and waste prevention is addressed in relevant areas by using [backed-up returnable packaging](#) and the sustainable management of biodegradable waste, which is suitable for composting, for example.