

Charter for community catering

As a kitchen team, we are committed to offering tasty and varied meals based on anthroposophical knowledge of the human being and the world, and on current ideas from an ovo-lacto-vegetarian wholefood diet.

Basic principles

Our community catering is based on high-quality foodstuffs mainly with vegetables and grains. It stimulates the human being at all levels of existence (physical, physiological, emotional and spiritual). The daily menu takes account of the threefold nature of the human being (nerve/senses system, rhythmical system and metabolic-limb system) and the plant. So the menu contains root, leaf and fruit corresponding to all parts of the threefold human being. Herbs and spices are used to further stimulate the senses but salt is kept to a minimum.

The work in the kitchen

Foodstuffs, ingredients

We pay attention to the origin and quality of the foodstuffs and are committed to careful preparation.

- The ingredients are grown biodynamically (Demeter) or organically whenever possible.
- We purchase direct from the farm or from an organic wholesaler where possible, and adhere to the regional and seasonal product range.
- We cook mainly vegetarian dishes, with meat and fish being offered in addition if required.
- We use fresh ripe ingredients. Processed foods are carefully prepared and of organic quality, and contain as few additives as possible. We use frozen food only in exceptional cases.
- The preferred heat sources in the kitchen (cooker) are gas, electricity (but not microwaves or induction hobs) and wood.

Rhythm

Regular structured mealtimes during the course of the day provide rhythm and support.

- Regular similar dishes such as pasta, pizza, fish or stew on specific days. A variety of grains can be prepared in the rhythm of the days of the week as a stimulus.

Atmosphere and attitude

When preparing the meals we ensure as little commotion and stress in the kitchen as possible. We consciously cultivate a good atmosphere and attentive attitude.

- Accurately calculated recipes help to avoid food waste.
- We are careful with foodstuffs as a matter of principle: for instance, we use food preparation waste and vegetable peelings to make a basic stock.
- We ensure an efficient business organisation.
- We cater for the individual needs of our customers (portion size, diet, etc.).
- Training courses and a study of the anthroposophical relationships in nutrition as well as discussion with community catering colleagues develop an awareness and understanding of sustainable and current nutrition.

The dining participants

Dining culture

A relaxed and consciously created atmosphere at the table is part of healthy eating.

- Information, participation and communication create connections to the food and its origin, and to the kitchen and the meal.
- Sensory experiences and enjoyment are fostered.
- Making the dining room attractive encourages pleasure and appreciation during the meal.
- Community and conversation at the table are supported.
- The meal is preceded by a short contemplation or reflective observation.

This charter lays out the framework and basic principles: it needs to be applied individually in each situation.

Nutrition Group, Dornach, Switzerland, February 2020

Annex List of initial signatories