



Article written by Julieta Guillén & Cristina Fernández, ESHOB (Spain)

Sustainability and hospitality are two concepts that are increasingly linked in today's world. Hospitality is an important industry that can have a major impact on the environment, so it is essential that hotels and restaurants adopt sustainable practices to reduce their carbon footprint.

The **circular economy** is a key concept in sustainability, as it seeks to reduce the consumption of natural resources and reduce the waste generated. In hospitality, this means implementing practices such as recycling, using renewable energy and reducing plastic consumption.

One example of how hospitality can apply the circular economy is by creating organic gardens in the hotel to provide fresh, local food for guests. This not only reduces the carbon footprint of the industry, but also improves the **quality of the food served**.

Another sustainable practice being implemented in the hospitality industry is the use of **eco-friendly** cleaning products and stationery supplies. This helps to reduce the environmental impact of the industry, and is also beneficial to the health of workers and guests.

In addition, the hospitality industry can encourage sustainability by promoting outdoor activities and environmental education to guests. This can include guided hiking or cycling tours, as well as talks and workshops on how to reduce environmental impact at home.

In conclusion, **hospitality and sustainability** are two concepts that are closely related. Adopting sustainable practices in the industry, such as the circular economy, can help reduce the carbon footprint and improve the quality of life for both employees and guests.



www.trainingforfood.eu