Our Planet, Our Future: SUSTAINABLE FOOD
11,000
OVER
115
HOTELS
OVER
80
DESTINATIONS
SIX
DISTINCT
BRANDS
OVER
11,000
ROOMS
The challenge was to blend luxury with sustainability in a business conventionally known as indulgent.

Deliberations led us to the conclusion that choosing either/or was not an option.

Thus was born ‘Responsible Luxury’ .... challenging the paradigm that these two could not co-exist.
TRAILBLAZER IN SUSTAINABILITY

23 LEED Platinum Certified properties first-of-its-kind in the world

World’s First NINE LEED Zero-Carbon Certified Hotels

Surpassed 2030 sectoral emission targets set as per COP 21.

<table>
<thead>
<tr>
<th>Emissions (KgCO2e)</th>
<th>ITC Hotels (Current Level)</th>
<th>Target - COP 21 (2030)</th>
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<tbody>
<tr>
<td></td>
<td>63 Per Room Night</td>
<td>65 Per Room Night</td>
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<tr>
<td></td>
<td>77 Per Sqm</td>
<td>129 Per Sqm</td>
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NAKUL ANAND 4
Over 57% of electricity consumption is through renewable sources.

Renewable Energy generated annually is enough to light up a Highway from North to South of India for a year.
ITC HOTELS
Reduced 50% freshwater consumption over the last five years.

Entire wastewater is treated/recycled – Equivalent to irrigating 100 Thousand trees, sequestering 95 Thousand tonnes of CO2 appx
Two habits tower above all others in their Environmental Impact to help “Save the Planet”

“Quit Wasting Food & Eat Less Meat”

Recycles More than 99% of SOLID WASTE Generated
Food Waste Management

- Rescued foods are repurposed/upcycled wherever possible

- Segregation, quantification and measurement of food waste at source for Stakeholder Sensitization

- Spent oil for soap & biodiesel manufacturing

- Organic Waste Converters & Biomethanation: For other useful purposes
SINGLE USE PLASTIC
Eliminating 2.5 Lakh Kg Annually

- 15 Million plastic water bottles
- 1.5 Million straws
- 0.8 Million stirrers
- Housekeeping & Room Plastic Amenities
WelcomLab

A state of the art HACCP compliant and ISO-22000 certified in-house Food Laboratory

A systematic, preventive approach for food safety & cuisine hygiene.
In-house plants across ITC Hotels, provide world-standard, fresh, treated drinking water supplied in reusable glass bottles – travelling Zero Distance.
ITC HOTELS

Over 50% of Food & Beverage are sourced locally
AT ITC HOTELS WE BELIEVE
That the way forward is to
LIVE OFF THE INTEREST
of our Planet’s Resources (Sunshine and Biological richness)
RATHER THAN THE CAPITAL
(Non-renewable Resources, Fossil fuels, and Biodiversity itself)
GASTRONOMY AT ITC HOTELS
Food Production accounts for roughly $\frac{1}{3}$ of the GHG emissions.

Limiting global warming will be impossible, without significant changes made to how the world eats.
Indian Cuisine imbibing Principles Of Ayurveda, is anchored on two pillars

Wellness & Sustainability

“From earth sprang herbs, from herbs food, from food seed, from seed man”
“..the Man, the Food he eats and the Universe must be in Harmony”.

-UPANISHADS
Principles of Ayurveda

India’s gastronomic philosophy is based on the foundation of:

- **5 Elements**: Air, Fire, Water, Earth and Ether
- **5 Senses**: Sight, Touch, Smell, Sound, Taste
- **6 Tastes**: Sweet, Sour, Salty, Pungent, Bitter & Astringent
- **6 Seasons**: Winter, Spring, Summer, Monsoon, Autumn, Pre-Winter
- **9 Feelings**: Love, Joy, Wonder, Calmness, Anger, Courage, Sadness, Fear & Disgust
With Responsible Luxury as our guiding premise and inspired by the principles of Vedic Gastronomy, we endeavour to create culinary experiences that address the needs of holistic wellbeing in harmony with the environment.
SUSTAINABLE & NUTRITIONAL GASTRONOMY AT ITC HOTELS

- ALERT MEETS
- ONE BITE WONDER
- CHOOSE WISELY
- WELCOMSMEAL
- PAVILION PURE
- SIGNATURE MORNINGS
- THE NUT JAR
- LOCAL LOVE
- SATTVA
- WELCOM STHALIKA
- ROOT TO STEM COOKING
- PLANT-BASED FOODS
- FEEL GOOD MENU
- SWASTHYA CUISINE
ITC Hotels is India’s first participant in WWF’s ‘Choose Wisely’ Programme – aimed at promoting informed choices on fish consumption. 

Incorporating a visual pneumonic to our Menus.
A dining experience created for single diners, this in-room offering includes right-sized, well-balanced meals that allows for minimal wastage with the luxury of choice.
Every region across India has its own take on the Thali or Sthalika.

WelcomSthalika is a tribute to the local cuisine where each hotel is located, presenting a composite assortment in a balanced combination of lentils, local millets, seasonal fresh produce & meats.
Local Love is a selection of local favorites sourced by our ‘Food Sherpas’ (Chefs) in each hotel.

Our Sherpas are committed to preserve, celebrate and share local culinary heritage, lesser known cooking techniques and indigenous ingredients of the region.
Rooted in the tenets of sustainable practices, this buffet program creates widespread awareness on both the nutritional benefits of consuming from root to shoot as well as the impact it has on reducing food waste.
SUSTAINABLE GASTRONOMY AT ITC HOTELS

A Green Banqueting Initiative that showcases Indian superfoods, native nuts, flavoring greens and heritage grains – Menus that restrict Food Coma
This signature Chef crafted offering showcases **reimagined appetizers:**

*Nutritious, Right-sized & Eco-Conscious*
Evolved from in-depth research, using ingredients to boost immunity and restorative properties the Feel Good Menu Collection focuses on mindful eating.

Revitalizing, detoxifying & repairing the body and mind.
NUTRITIONAL GASTRONOMY AT ITC HOTELS

Signature mornings

Reimagined Breakfast

Presents Superfoods in contemporary breakfast renderings. Showcasing India’s Heritage - Forgotten Grains and Locally Sourced seasonal produce.
Cold-Pressed Juices

Pavilion PURE: A healthful blend of juices rich in antioxidants, curated with in-season local ingredients.
This wellbeing program emphasizes the value of nuts and their nutritional credentials, such as Omega 3 essential fatty acids and high dietary fibres.
Wellbeing on The Plate & in The Heart

A mélange of modern and revived flavors that

• Promote wellness/restoration
• Calms the mind
• Uplifts the mood
• Enhances memory
• Slows down the effects of ageing.
NUTRITIONAL GASTRONOMY AT ITC HOTELS

This 'Honestly Vegetarian' initiative Sattva (Sanskrit for Purity) is premised on Truth and Purity of vegetarian cuisine.
An Exclusive Vegetarian Restaurant based on the principles of Ayurveda, a collection of seasonal dishes from the erstwhile Royal Kitchens.
“Without a proper diet, medicines are of no use; With a proper diet, medicines are unnecessary”
NAMASTE

Nobody gives you India like we do