



7 UNWTO
WORLD FORUM
ON GASTRONOMY
TOURISM
12-15 DECEMBER 2022

ITC HOTELS
RESPONSIBLE LUXURY



Our Planet, Our Future: **SUSTAINABLE FOOD**

NAKUL ANAND 1




ITC'S HOTEL GROUP


OVER
115
HOTELS

OVER
80
DESTINATIONS

SIX
DISTINCT
BRANDS

OVER
11,000
ROOMS



“RESPONSIBLE LUXURY”

Paving Way for a New Era in Global Hospitality

- 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



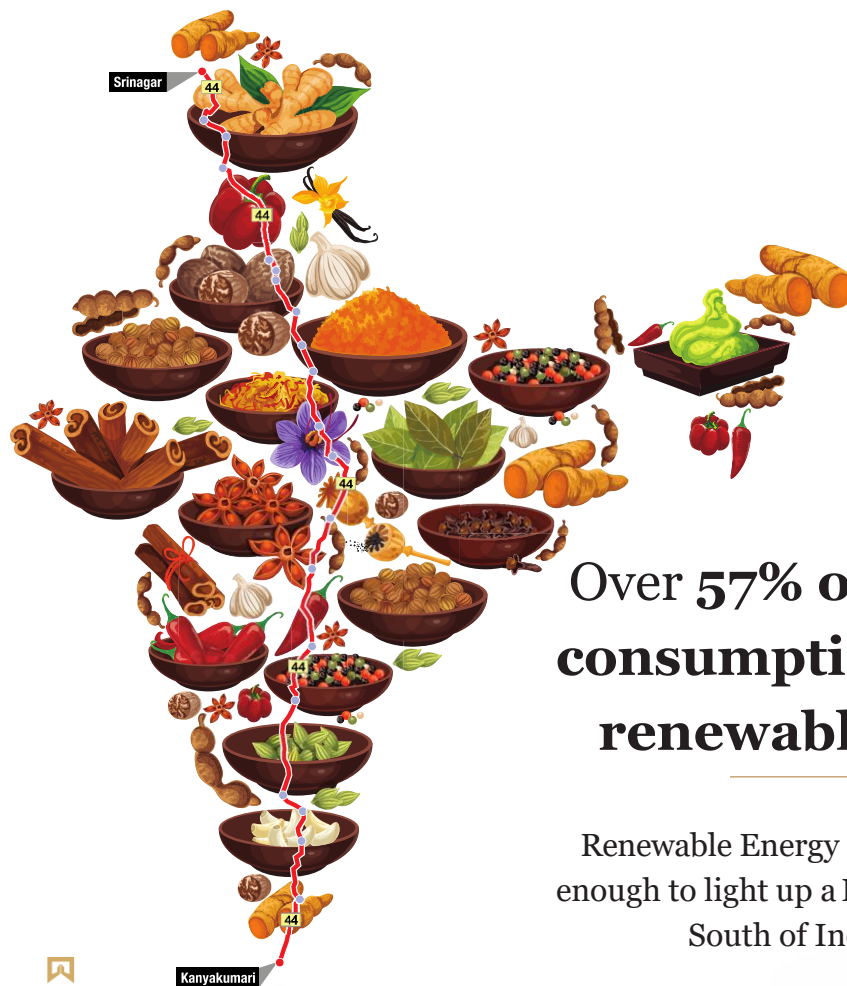
**World's
First NINE
LEED Zero-
Carbon
Certified
Hotels**



**Surpassed
2030
sectoral
emission
targets set
as per COP
21.**

Emissions (KgCO₂e)

ITC Hotels (Current Level)	63 Per Room Night	77 Per Sqm
Target - COP 21 (2030)	65 Per Room Night	129 Per Sqm



**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.

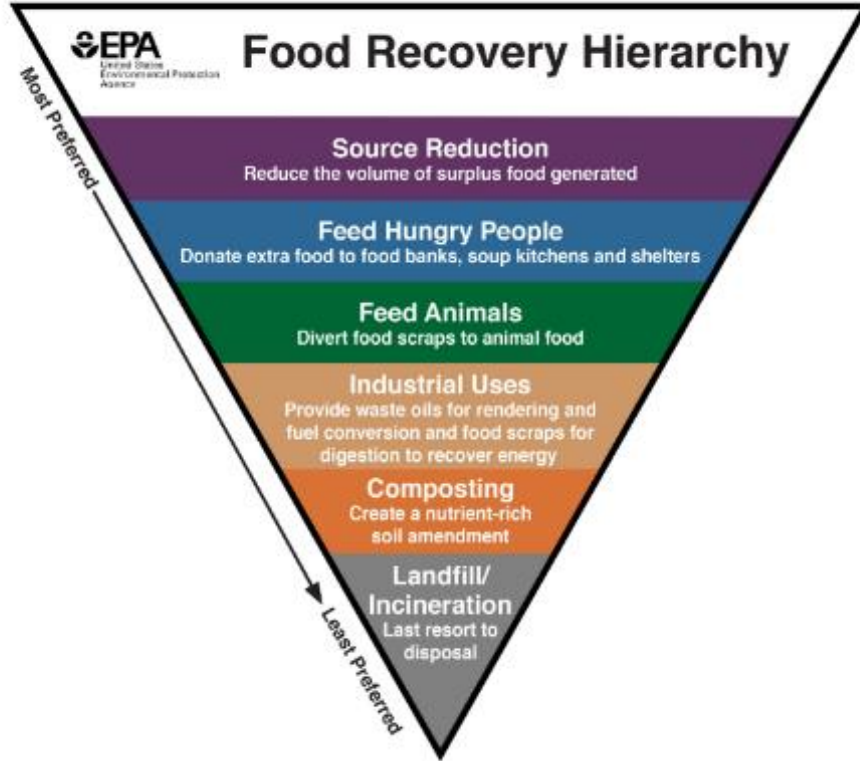




ITC HOTELS
Reduced 50%
freshwater
consumption over the
last five years.

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**



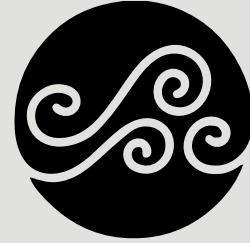


WelcomLab

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

A systematic, preventive approach for
food safety & cuisine hygiene.





ŚūnyaAqua


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

WHAT'S for DINNER?

“Our Diet is Cooking the Planet”

Food Production accounts for roughly **1/3rd** of the GHG emissions.

Limiting global warming **will be impossible**, without significant changes made to how the world eats.



THE WISDOM OF OUR ANCESTORS

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





RESPONSIBLE LUXURY IN GASTRONOMY

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








SUSTAINABLE GASTRONOMY AT ITC HOTELS

Thou Shall Not Overfish!

CHOOSE WISELY

-  Over fished. Think again!
-  Under threat. But there's better.
-  Choose Wise. Go for it!

ITC Hotels is India's first participant in WWF's 'Choose Wisely' Programme – aimed at promoting **informed choices on fish consumption.**
Incorporating a visual mnemonic to our Menus.





SUSTAINABLE GASTRONOMY AT ITC HOTELS

WELCOMSMEAL

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**.





SUSTAINABLE GASTRONOMY AT ITC HOTELS

LOCAVORE WelcomSthalika

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.**





SUSTAINABLE GASTRONOMY AT ITC HOTELS



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.



SUSTAINABLE GASTRONOMY AT ITC HOTELS



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



alert meets
@ ITC Hotels

A **Green Banqueting** Initiative that
showcases Indian superfoods, native nuts,
flavoring greens and heritage grains –
Menus that restrict Food Coma





NUTRITIONAL GASTRONOMY AT ITC HOTELS



Inspired Appetizer Flights

This signature Chef crafted offering
showcases **reimagined appetizers:**

Nutritious, Right-sized & Eco-Conscious





NUTRITIONAL GASTRONOMY AT ITC HOTELS



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**.





NUTRITIONAL GASTRONOMY AT ITC HOTELS



Cold-Pressed Juices

Pavilion PURE: A healthful blend of juices rich in **antioxidants**, curated with **in-season local ingredients**.





NUTRITIONAL GASTRONOMY AT ITC HOTELS



GOING NUTS!

This wellbeing program emphasizes the **value of nuts** and their **nutritional credentials**, such as Omega 3 essential fatty acids and **high dietary fibres**.





NUTRITIONAL GASTRONOMY AT ITC HOTELS



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**





NUTRITIONAL GASTRONOMY AT ITC HOTELS



Royal Vega

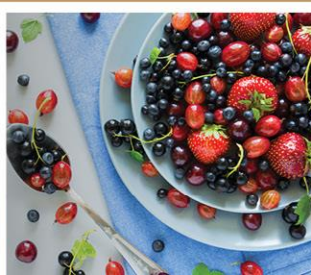
Luxury Vegetarian Cuisine of India

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”**






ITC HOTELS
RESPONSIBLE LUXURY


NAMASTE

Nobody gives you India like we do