



“Change has to come from the top in order to really make a difference, so we frequently train restaurant, bar, and brand owners on how to foster a healthy work environment.” – Kristine Bocchino

Sustainability From the Inside Out

Building a sustainable business from the inside out—from the back to the front of the house, that is, with a focus on helping one another as well as the earth—is key to long-term success. For global bartending superstar Bad Birdy (badbirdy.us), this concept is extremely important, influencing her decisions when it comes to both partnerships and purchases: She favors brands that maintain zero-waste programs, reusing or recycling nearly all of their materials, and that ensure safe, fair working conditions for their employees.



Follow food and beverage consultant Kristine Bocchino on Instagram @calfresco for more on her work with Healthy Hospo.

regenerative methods, Birdy grows her own fruits, vegetables, and herbs and dehydrates the scraps for use as garnishes and snacks. She also makes various flavored salts from scraps—celery, cilantro, and rosemary, to name a few—and makes syrups from leftover citrus peels, extracting the oils with sugar.

“Restaurants and bars could even go to greater lengths by implementing composting waste bins,” she says. “I would love for this to be something that is practiced throughout the nation. All scraps of food could be collected and then converted into composting materials that enrich soils for farmers. The enrichment of our soils will be vital to reversing the economic impact we have created on the earth.”

U.K.-based nonprofit Healthy Hospo (healthy-hospo.com) shares Birdy’s mission of creating a healthier, happier industry lifestyle. In Los Angeles, food and beverage consultant Kristine Bocchino serves as the U.S. representative for the organization, partnering with them to host seminars and workshops covering everything from improved sleep habits to nutrition and cooking to fitness programs. According to Bocchino, “Change has to come from the top in order to really make a difference, so we frequently train restaurant, bar, and brand owners on how to foster a healthy work environment, which not only makes for a more sustainable business but supports career longevity



Star bartender and sustainability advocate Bad Birdy can be found on Instagram @bad_birdy.

for its employees.” By way of example, she says, “We worked with one of the largest bar groups in Los Angeles to create a series of monthly workshops to help support their employees, covering subjects such as substance abuse, mental health, stress and anxiety, healthy meal prep, and so on.”

What environmental or social sustainability measures are you implementing in your restaurant or bar? Reach out and let me know. [✉](#)

Comments or general life questions?

Send Roberts an email at 100proofemma@gmail.com or reach out to her through her YouTube channel, 100 Proof Emma, or Instagram @100proofemma.

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