

# Good Food Story

## Suissi Vegan

### Interview with Aimée, Sustainability Advisor

#### **Describe your project**

I'm a Sustainability Advisor with Suissi Vegan, a Malaysian restaurant, and I also work front of house. I've been in the Sustainability Advisor role for about a year.

Suissi first opened its doors on April 2019 in Partick, Glasgow by Mama Lim and her family. Originally from Malaysia, Mama Lim takes inspiration from her roots and natural curiosity about Asian food.

Since opening, she has attracted both the vegan and non-vegan community with her Asian-fusion plant-based creations which are all handmade with only the freshest ingredients, without MSG or any artificial enhancers.

#### **How did you get started?**

It originally started when Mama Lim had a hard time finding places that were vegan and catered to her needs and values. She wanted to open a place that was respectful to the environment, food and the planet.

#### **What does sustainability mean to you?**

Planet, animals, people, longevity and health. Making sure that everyone is accounted for. Having a kinder space for everyone. For it to stay for a while and keep that vision moving forward.

#### **How are you practicing sustainability in this business?**

For a start, the restaurant is vegan. Eating a plant-based diet can simultaneously address health issues, environmental degradation and animal welfare.

Then we source local products where possible. We also reuse and reduce waste wherever we can. For instance, with leftover orange pieces from the bar - we use them to make other dishes. Or reusing large tubs for storage. We also offer our leftover coffee grounds to someone who uses them on his allotment.

We carried out a month-long challenge from Zero Waste Scotland where we tracked our food waste by separating it into 3 bins - prep, waste and spoilage. This gave us useful information, such as most of the food waste was coming from

customers' plates and specifically leftover rice. As a result we reduced our rice portion size slightly and also offered takeaway boxes for any leftovers.

Everyone's been very receptive to Suissi and the vegan diet. Because there's different dishes that cater to different people – either spicy or not spicy – it makes it inclusive. It's very welcoming and hopefully the food reflect that as well. We also try to be allergy friendly. For instance someone who is coeliac and vegan, this is a good place for them.

### **What good food changes need to happen in Glasgow?**

I think not a lot of people know about the resources that are out there. I've noticed a lot of allotments and food hubs and pantries trying to help with food insecurity but I think you have to be in the area to find out, or stumble upon it. For example Gathering Ground is a great place but it can be hidden in plain sight. I think maybe spreading the word and small businesses helping each other out. More accessibility and food for all.

I think a Slow Food Market would be a good idea, bringing together different businesses from the Sustainable Food Directory. It could be a small business market, raising awareness that these places exist. I would love to do that. We could give out samples of Suissi food and speak to people about what we do.

### **What are your plans for the future?**

In a sustainability sense, we aim to continue trying to reduce waste, suffering and harm. I want to take more examples from other places.

### **Contact**

[www.suissivegankitchen.co.uk](http://www.suissivegankitchen.co.uk)

