

42 KM.0 - VEGAN VEGETARIAN RESTAURANT

Type: Restaurant / Take away
Country: Spain, The Basque Country, Donostia-San Sebastian



Why it is a good practice?

Km.0 is a health driven vegan and vegetarian restaurant that purposely serves traditional-style cuisine made from locally grown produce. It endeavours to promote short supply chains and domestic sourcing. The restaurant also forms part of the [“Too Good To Go”](#) movement that aims to reduce food waste and contribute to the reversal of global warming.

About

0.Km as the name suggests wants to promote the use of local produce and reduce the carbon footprint that is becoming associated with fresh produce. They want to obtain seasonal produce with minimal or 0 kilometers involved and use less forced growth as well as avoiding out of season produce. The restaurant’s philosophy is to take care of health using a healthy diet. They believe it is possible to do this without harming any animal and consequentially their menu is entirely Vegan and Vegetarian. Their goal is to offer their customers balanced menus that help improve their health and well-being. Food for them is medicine and they want to spread the word that “we are what we eat!” Another passion of 0.Km is to restore the traditions of local cuisine and the food’s cultural heritage and to initiate the elimination of globalization in the gastro world.

Problem

The phenomenon of globalization is having a significant effect on the food systems of developing countries around the world. The market power of transnational food corporations combined with the spread of processed food products is impacting food security and nutrition patterns worldwide. Along with these issues, is the carbon footprint that out of season produce is acquiring.



Result

0.Km sources all its produce locally or domestically therefore reducing their carbon footprint. Also, through food waste reduction and as part of the “Too Good To Go” movement they are striving to eliminate or contribute to the reversal of global warming.



Healthy

The restaurant’s vegetarian and vegan dishes are well balanced considered items that provide genuine health benefits. All produce is in season and include fruits, vegetables, seeds, legumes, some dairy and whole-meal cereals.



Sustainable

Sustainability is at the core of Km.0 with all produce being locally sourced and produced. This is also now known as ‘Zero Kilometre produce’ or ‘slow food’ which amounts to the use of seasonal traditional local produce and therefore reducing length of the supply chain and the associated carbon with the produce.



Ethical

The key concepts behind the restaurant are consumer health and ethical sourcing coupled with responsible food chains and the reduction of food wastage.



Dietary requirements

The restaurant’s cuisine meets the dietary requirements of vegetarians and vegans but is suitable for all diners to enjoy with the promise of tasty food.

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