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Title of thesis: " SUSTAINABLE PRACTICES OF FOOD PRODUCTION AND CONSUMPTION IN GREEN HOTELS IN EGYPT: AN EXPLORATORY STUDY"

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Abstract:

The hotel industry, a major contributor to environmental pressures, plays a crucial role in promoting sustainability. This study investigates sustainable food production and consumption practices within Green-Star-Certified Hotels (GSH) in Egypt, a relatively under-researched context. Employing a mixed-methods approach, the study integrates quantitative data from structured questionnaires with qualitative insights from interviews conducted with hotel managers, chefs, and sustainability officers in selected certified hotels located primarily in Hurghada and El Gouna.

The study identifies key strategies employed by green hotels, including local sourcing, ethical procurement, and internal waste reduction. However, it reveals persistent gaps in external waste recovery (e.g., composting), renewable energy use, and the inclusion of plant-based menu items, despite high guest awareness. Financial constraints, limited supplier availability, and infrastructural challenges are cited as dominant barriers to comprehensive sustainability integration. Moreover, while sustainability is often framed as a strategic priority linked to brand reputation and certification; its ethical and environmental dimensions remain less emphasized.

The study contributes to the academic literature by offering region-specific empirical insights into the operationalization of sustainability within green hotels in Egypt. It also develops a stakeholder-centered framework, emphasizing the interconnected roles of hotel management, staff, suppliers, and policy institutions. The findings challenge linear models of sustainability

adoption by showcasing how the practical implementation is shaped by contextual realities, including economic, cultural, and infrastructural dynamics.

This study offers actionable recommendations tailored to different stakeholders: hoteliers are encouraged to invest in local supplier partnerships, menu innovation, and staff training; policymakers are urged to strengthen green infrastructure and provide financial incentives, while suppliers must improve reliability and traceability. The study concludes with directions for future inquiry, including cross-regional comparisons, economic impact assessments, and the role of digital technologies in sustainable hotel food systems.

In addressing Sustainable Development Goal 12 (responsible consumption and production), this study not only enriches the field of sustainable hospitality management but also offers practical strategies to support Egypt's broader sustainability agenda.

Keywords:

Sustainable food practices, production, consumption, green hotels, local sourcing, food waste.

This thesis is structured into five main chapters:

Chapter One: introduces the study, outlines the problem, objectives, research questions, and methods.

Chapter Two: reviews the relevant literature on sustainable food practices in hospitality, including theoretical foundations and global best practices.

Chapter Three: details the research methodology, including design, data collection instruments, sampling, and analysis techniques.

Chapter Four: presents and discusses the study findings in relation to existing literature.

Chapter Five: concludes the study with a synthesis of key findings, implications, stakeholder-specific recommendations, directions for future research, and the study's scientific contribution.