

## List of initiatives promoted by HOTREC members in the field of nutrition, food reformulation & nutrients, etc.

HOTREC joined the EU platform for action on diet, physical activity and health in autumn 2017. As part of the membership to the platform, HOTREC committed to issue a yearly panorama of the initiatives and actions developed by its members in the field of nutrition/diet/ food product improvement.

The table below therefore provides for a summary of the main actions taken by HOTREC members across Europe. These initiatives are divided in three categories, as indicated in HOTREC's commitment to the EU platform for action on diet, physical activity and health:

- 1- General initiatives on healthy nutrition and the fight against obesity
- 2- Specific initiatives on nutrients (salt, fat, sugar)
- 3- Other sectoral/specific initiatives.

**Overall, HOTREC members from 12 European countries (Austria, Belgium, Denmark, France, Greece, Ireland, Italy, The Netherlands, Norway, Spain, Sweden and the United Kingdom) indicated to have adopted and/or contributed to specific initiatives on either nutrition, nutrients or other initiatives.**

Done in Brussels, on 6 December 2018

## List of initiatives promoted by HOTREC members

### 1. General initiatives on healthy nutrition and the fight against obesity

Country	Initiative developed
Austria	<p><b>Further Education Program called “Healthy cooking in Hospitality Businesses</b></p> <p>Veggie Day - the ultimate? How about organic? Low carb diet - how low in carbohydrates does it have to be? Do vitamins remain on the track? Does our food service even meet the increasing demands of our customers? Questions about questions that need to be answered!</p> <p>More and more people are taking most of their meals outside their own household. As a result, those responsible in the catering sector are increasingly being assigned responsibility for state-of-the-art and, above all, needs-based catering management. By participating in this course, cooks as well as employees in commercial kitchens qualify to a certain extent as experts. In theoretical and practical units, knowledge input is used to optimize catering management in restaurants, homes, boarding schools, canteens and other large-scale kitchens.</p> <p>Content:</p> <ul style="list-style-type: none"> <li>• Different needs: children, adolescents, women / men, seniors, working people</li> <li>• Healthy, balanced diet</li> <li>• Regional, seasonal products, organic products: market, offer, benefits</li> <li>• Sustainable material processing</li> <li>• sustainability and quality</li> <li>• Profitability, purchasing, costing, budget</li> <li>• Menu, meal plan</li> </ul>

	<ul style="list-style-type: none"> <li>• Idea pool for your recipe collection</li> </ul> <p>The course is currently offered at WIFI Tyrol (WIFI is a department of WKO, of which HOTREC’s member APRA is part) and addresses chef with at least 2 years of experience.</p> <p><a href="https://www.tirol.wifi.at/kurs/85430x-diplomlehrgang-gesundes-kochen-in-gastronomie-und-gemeinschaftsverpflegung?vnr=85401028">https://www.tirol.wifi.at/kurs/85430x-diplomlehrgang-gesundes-kochen-in-gastronomie-und-gemeinschaftsverpflegung?vnr=85401028</a></p> <p>Contact: Mr. Michale Hardt, WKO/APRA, <a href="mailto:gastronomie@wko.at">gastronomie@wko.at</a></p>
<p><b>Denmark</b></p>	<p><b>The Danish Meal Partnerships</b></p> <p>HORESTA is a member of The Danish Meal Partnership. It’s a rather new partnership with the purpose of making it convenient and desirable for all citizens in Denmark to eat healthier meals. The partnership has a special focus on improving social equality in food consumption patterns. The DVFA holds the chair, and at present 16 member organizations participate. Further information on the Danish Meal Partnerships can be found at: <a href="http://maaltidspartnerskabet.dk/">http://maaltidspartnerskabet.dk/</a></p> <p>In 2018, the <b>Danish Meal Partnership was changed</b> into a wider partnership called <b>The National Forum on Food, Meals and Health</b> to contribute towards the common goal of good food and healthier lives.</p> <p>The Partnership is approved by the Government and part of their official policy to give priority to the meals we eat outside our homes. It also gives focus on the meals we cook at home and priority to decide where and how we eat, how food, taste and health be an essential part of the education of our children and ensure easier access to healthy and good food , knowledge those who work with food and health to a greater extent and provide skills in relation to food and health to professionals.</p> <p><b>The Keyhole label</b></p> <p>The Keyhole is a Nordic nutrition label which gained rapid success. The Keyhole is obtainable for prepacked food products with a low content of sugar, salt, fats etc., and makes it easy for consumers to locate the products in the supermarkets.</p> <p>In 2010 HORESTA initiated the Keyhole label being introduced to eating places, e.g. restaurants, canteens and cafeterias. The aim of the concept was to increase the knowledge of restaurant professionals on how to cook and serve healthier meals. Today the Keyhole label for restaurants has changed into a new Meal Label based on the same criteria as the Keyhole, mainly targeted at public meals.</p> <p>Further information on the Keyhole label can be found at: <a href="http://altomkost.dk/english/#c41068">http://altomkost.dk/english/#c41068</a></p> <p><b>Marketing of food and non-alcoholic beverages to children</b></p> <p>HORESTA is a part of the private self-regulating Forum of Responsible Food Marketing Communication. “Code of responsible food marketing communication to children” addressing food advertising targeted at children . The partners in this initiative are HORESTA , the Danish Food and Drink Federation within the Confederation of Danish Industries, the Danish Chamber of Commerce, the Federation of Retail Grocers in Denmark, TV2   DANMARK, the Danish Brewers’ Association, the Danish Newspaper Publishers’ Association, the Danish Association of Advertising Agencies, the Danish Association of Internet Media, the Danish Association of Advertising and Relationship Agencies, and the Danish Magazine Publishers’ Association.</p>

	<p>Contact: Ms. Tine Skriver, HORESTA Denmark, <a href="mailto:tsk@horesta.dk">tsk@horesta.dk</a></p>
<p><b>France</b></p>	<p>UMIH works alongside other sectors amidst the Food National Council, a consultative organization which makes notices to the French parliament. These notices may inspire our MP to make laws according to their recommendations.</p> <p>In September 2018, the notice n°81 was published on the thematic “a diet in favor of (good) health” which is available at the following links :</p> <ul style="list-style-type: none"> <li>- In its entirety : <a href="https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/09/CNA-Avis-81-Alimentation-favorable-%C3%A0-la-sant%C3%A9.pdf">https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/09/CNA-Avis-81-Alimentation-favorable-%C3%A0-la-sant%C3%A9.pdf</a></li> <li>- In a 4-pages resume: <a href="https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/10/Avis-81-R%C3%A9sum%C3%A9-4-pages.pdf">https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/10/Avis-81-R%C3%A9sum%C3%A9-4-pages.pdf</a></li> </ul> <p>Following this notice, other work groups have been constituted, one of them working on nutrients issues (salt, fat, sugar).</p> <p>Contact: Mr. Laurent Prigent, UMIH, <a href="mailto:juridique.reglementaire@umih.fr">juridique.reglementaire@umih.fr</a> / <a href="mailto:laurent.prigent@umih.fr">laurent.prigent@umih.fr</a></p>
<p><b>Greece</b></p>	<p><b>The Hellenic Chamber of Hotels is actively engaged in the Greek Breakfast initiative.</b></p> <p>This initiative called the “Greek breakfast” is designed to promote the healthy Mediterranean diet, through the promotion of high quality local products. Several hundreds of hotels already participate in this program.</p> <p>Additional details: There is a specially designed online platform providing connection to all enterprises participating in the Greek Breakfast initiative: the hotel units create their own menu, declare their suppliers and are being controlled by independent certified bodies on regular basis. The certified hotels receive a certificate issued by the Hellenic Chamber of Hotels, allowing them to use the registered label “Greek Breakfast”.</p> <p><b>In 2018, there was a growing interest by the Greek hotels to join</b> the programme and get the relevant certification : 1074 hotels all over Greece are actually offering Greek Breakfast to their guests.</p> <p>A new Greek Breakfast portal has been launched in September 2018: <a href="https://www.greekbreakfast.gr/?lang=en">https://www.greekbreakfast.gr/?lang=en</a>, so as to provide valuable information on certified hotels, Greek traditional products and recipes.</p> <p>Contact: Ms. Agni Christidou, Hellenic Chamber of Hotels, <a href="mailto:agni@grhotels.gr">agni@grhotels.gr</a></p>

<p><b>Ireland</b></p>	<p><b>The Irish Hotels Federation's Healthy Food for Kids initiative</b> was developed to guide and encourage hotels and guesthouses to provide healthier menu options for young diners. The initiative was launched in March 2008 by the then IHF President, Matthew Ryan, and has generated great interest and support from the Irish Hotels Federation members.</p> <p>In excess of <b>187 establishments have committed to the programme</b> and customer feedback has been excellent. Everyone has a role to play in encouraging the promotion of healthy food to young people to assist in reducing the prevalence of obesity. This has been the first national hospitality programme of its kind which has aimed to constructively highlight the problems of childhood obesity. Feedback has been very positive and parents are enjoying the experience of seeing their children eating a tasty and healthy meal when dining in participating hotels and guesthouses.</p> <p>The guidelines, which were compiled in conjunction with a prominent dietician, contain the correct balance of proteins and carbohydrates as deemed appropriate for an optimum healthy children's meal. The IHF guidelines also recommend cooking methods to ensure that whilst the food is nutritious, it remains tasty, attractive and fun for children.</p> <p><u>Contact:</u> Ms. Carol Bergin, Irish Hotels Federation, <a href="mailto:BerginC@ihf.ie">BerginC@ihf.ie</a></p>
<p><b>Italy</b></p>	<p>In 2007, Italian Government with a specific decree created the national program "Guadagnare Salute" (Gaining Health, like the European programme of WHO). Its main objective is the promotion of lifestyles able to counteract the burden of chronic diseases and to earn years of healthy life for citizens.</p> <p>The program aims to support every initiatives, campaigns, etc. about health, in particular about diet, physical activity, alcohol, tobacco in order to prevent diseases above all for children and young people. FIPE follows this initiative and helps to spread many of the campaigns promoted by the program.</p> <p>Further information on the Italian Program "Gaining Health" can be found at: <a href="http://www.guadagnaresalute.it/default.asp">http://www.guadagnaresalute.it/default.asp</a></p> <p><b>FIPE is working with Italian Health Minister on a Memorandum of understanding.</b> One of the aim of the Memorandum will be to promote policy on a correct nutrition balance by the use of "Menù Nutrizionalmente Corretti" (<b>Nutritionally Correct Menus</b>).</p> <p>"Menu Nutrizionalmente Corretti" main objective is the promotion of informational and operative instrument to induce food business operators on the proposal of nutritionally balanced food combination. This activity will promote a healthy diet and will arise the awareness of the consumer on nutrition elements while consuming meals.</p> <p><u>Contact:</u> FIPE, <a href="mailto:legale@fipe.it">legale@fipe.it</a></p>
<p><b>Netherlands</b></p>	<ul style="list-style-type: none"> <li>- <b>KHN is partner in the 'Akkoord Verbetering Productsamenstelling'</b>, an agreement to come to a healthier range of products in industry, retail and foodservice. KHN committed to activities to increase awareness and in that way increase the healthier mentality in HORECA. This initiative will last until the end of 2020.</li> </ul>

- **KHN focuses on: portion sizes, ‘proportions on the plate’** (in Dutch bordsamenstelling: it means less animal, more vegetables!) and more concepts based on vegetables. But also on ‘how to present your dishes’. For instance the way to serve the food can be of influence on how much a person eats. KHN will make an animation with the best tips to make the portion size smaller. More communication on this subject will be developed in 2019.
- **KHN provides its members with tips and tricks**, present them best practices and organize meetings with members to discuss food related issues.
- **KHN has entered into a partnership with Dutch Cuisine**. Dutch Cuisine is a movement to promote the Dutch Kitchen. They work with fresh, local products from the season and with more vegetables and less meat. Together we organize inspiration session on how to use more vegetables.
- In 2018 KHN did a **small study on healthy eating** in the catering industry. The results have been processed to a infographic.
- **In The Netherlands KHN works on a Prevention agreement with many different parties. The initiator is het Ministry of Health. The Prevention agreement has three themes: obesity, smoking and excessive alcohol consumption.** The goal is to achieve health gains on these themes. Each party must take measures to support this goal. At the end of November 2018 the Prevention agreement will be signed by many different parties. KHN will sign (probably) the parts obesity and excessive alcohol consumption. On smoking no industry is allowed.

**KHN also did some other research:**

- Is health a trend and what can be done to make this stronger? A report is published.
- At three locations (SME restaurants) KHN did research on food waste. Focus was on portion size, presentation and serving less sauce. Point of research: ‘can we prevent food waste by implicitly try to change the behaviour of the guest?’ – this is also relevant for health issues since it is related to portion size and consumption. Food on the plate is eaten more than food served in extra cup(s) that come with the main dish. Also the size of the plates is important: take smaller plates and consumers will eat less (and don’t notice!).
- More vegetables, less meat: at a big restaurant chain (Van der Valk) and restaurant Luden in Utrecht KHN did research on ‘more vegetables and less meat’. Customer satisfaction is positive (stays the same or grows even!), profit margins are positive, kitchen is happy: it is doable!
- In every magazine that KHN sends to her members there is a two page story on an entrepreneur that promotes healthy nutrition. To present a best practice, to create ambassadors.

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**Spain**

FEHR participates to the following general initiatives:

	<p><b>“Spanish breakfast”</b>  FEHR has collaborated with the Interprofessional of Olive Oil (a non-profit official organization representing all members of the olive oil sector) to promote the “Spanish breakfast”.</p> <p>Spain’s Interprofessional of Olive Oil wants the breakfast – based on the much-lauded Mediterranean Diet – to be a standard menu option. As well as promoting a balanced meal, as a way to increase awareness and consumption of olive oil. Fruit, dairy products, bread, tomatoes and coffee are other key ingredients and they could also be accompanied by ham, sausages, honey, eggs and nuts.</p> <p><u>Contact:</u> Mr. Emilio Gallego, FEHR, <a href="mailto:egzuazo@fehr.es">egzuazo@fehr.es</a></p>
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## 2. Specific initiatives on nutrients (salt, fat, sugar)

Country	Initiative developed
Belgium	<p><b>HORECA Vlaanderen commitment for reduction of salt:</b></p> <p>HORECA Vlaanderen, as a federation, cannot impose actions on its members, but can however make recommendations.</p> <p>HORECA Vlaanderen committed to:</p> <ul style="list-style-type: none"> <li>- call on its members to reduce their salt consumption on the one hand and to replace the ingredient salt with iodine salt on the other. HORECA Vlaanderen intend to launch this call by sending an e-mail to our members and through an article in our journal.</li> <li>- distribute any useful information about salt reduction - use of iodine salt in the food chain through our journal;</li> <li>- launch a formation ‘replacing salt’.</li> </ul> <p><b>HORECA Vlaanderen commitment for reduction of sugar/fat:</b></p> <p>HORECA Vlaanderen, as a federation, cannot impose actions on its members, but can however make recommendations.</p> <p>HORECA Vlaanderen committed to:</p> <ul style="list-style-type: none"> <li>- recommend its members to use less fat and sugar.</li> <li>- distribute information through Horeca Vlaanderen Journal. (in the context of salt reduction was at the time f.e. a series of recipes published with, in each case, a little salt or salt replaced by iodine, and this could possibly be repeated for fat and sugar)</li> <li>- try to include energy reduction as much as possible into existing food- and drink-trainings of our Training Centre (Horeca Vorming Vlaanderen).</li> </ul>

### **The Innochef initiative**

Horeca Vlaanderen introduced for the period 2018/2019 a new series of workshops in the project Innochef. Innochef brings together chefs, scientists and food service companies to work on healthy themes as well as on allergens. The goal is to introduce the workshop to 200 chefs and to make an inspiration guide that will be published on 9000 copies.

4 workshops either took place or are scheduled from May 2018 to March 2019:

- Workshop 1: Healthy working with fats (May – June 2018)
  1. Use the right fat for the right application
  2. Importance of fats in our food
  3. Which oils or fats are the healthiest?
- Workshop 2: Optimise your mise en place by the use of sous vide cooking (September – October 2018)
  1. creating the same dish for different intollerances and allergens.
  2. increase the taste and shelf life of products
  3. optimising mise en place
  4. adapting you cuisine to the nutritional needs of the clients
  5. simplify and standardize your recipes.
- Workshop 3: How to handel Lactose and gluten allergens in the kitchen. (January – February 2019)
  1. organizing your kitchen
  2. The difference between an intolerance and allergen.
  3. Various.
- Workshop 4: Flavours (April – March 2019)
  1. theme has to be refined yet

### **Additional initiatives:**

Horeca Vlaanderen published several articles in the Horeca Vlaanderen Journal, including some recipes to reduce salt, fat and sugar, to replace salt by iodine salt and/or other herbs, etc.

Contact: Ms. Eve Diels, HORECA Vlaanderen, [E.Diels@horeca.be](mailto:E.Diels@horeca.be)

<p><b>Denmark</b></p>	<p><b>The Salt Partnership</b>  HORESTA is a member of The Salt Partnership .The objective of the Salt Partnership is to reduce the intake of salt among consumers in Denmark. The partnership seeks to raise awareness of the link between salt and health to consumers and food professionals in canteens etc., and also promoting food with the Keyhole Label. Furthermore, collaboration with the food industry aims at reducing the salt content in processed food across the board. The DVFA holds the chair, and 16 member organizations participate is to reduce the intake of salt among consumers in Denmark.  HORESTAs has developed and implemented teaching and masterclass' regarding salt reduction for chefs and trainees with great success together with DVFA.</p> <p>In 2018, within the Salt Partnership, HORESTA has developed together with a recognized gourmet chef and nutrition expert a masterclass regarding Salt and Taste. The Masterclass is a great success for more than 1000 students and chefs and their teachers. There is a focus on interaction between taste, umami and salt and cookery skills.</p> <p>Further information on the Salt Partnership can be found at: <a href="http://altomkost.dk/fakta/mad-og-drikke/foedevareer/salt/">http://altomkost.dk/fakta/mad-og-drikke/foedevareer/salt/</a></p> <p><u>Contact:</u> Ms. Tine Skriver, HORESTA Denmark, <a href="mailto:tsk@horesta.dk">tsk@horesta.dk</a></p>
<p><b>Greece</b></p>	<p><b>The “Greek Breakfast” Initiative</b> has compulsory key elements that promote:</p> <ul style="list-style-type: none"> <li>• less sugar such as pure Greek honey coming from trees or floral varieties produced by certified local producers , extra jam/marmalade with a high percentage of fruit (the percentage varies according to the type of fruit</li> <li>• less saturated fats such as olive oil instead of butter and margarines</li> </ul> <p>There is a growing interest by the Greek hotels to join the programme and get the relevant certification : 1074 hotels all over Greece are actually offering Greek Breakfast to their guests in 2018.  A new Greek Breakfast portal has been launched in September 2018 <a href="https://www.greekbreakfast.gr/?lang=en">https://www.greekbreakfast.gr/?lang=en</a>, so as to provide valuable information on certified hotels, Greek traditional products and recipes.</p> <p><u>Contact:</u> Ms. Agni Christidou, Hellenic Chamber of Hotels, <a href="mailto:agni@grhotels.gr">agni@grhotels.gr</a></p>
<p><b>Italy</b></p>	<p>Following the aim of “Gaining Health” program, <b>FIPE Italy recently signed a document with various Italian Associations of food industry and the Ministry of Health about the reduction of salt, saturated fat, etc. in food for children from 3 to 12 years old.</b></p> <p>This document sets some objectives of food industry to be achieved in 2017. FIPE supported this initiative attending all the meetings about it last year. The document was signed last 28 October in Expo Milano 2015.</p> <p><b>Additional details:</b></p>

	<p>FIPE is waiting to meet the Italian Associations of food industry and the Ministry of Health to check if and how the objectives of the document signed in Milan were achieved.</p> <p>Contact: FIPE, <a href="mailto:legale@fipe.it">legale@fipe.it</a></p>
<b>Netherlands</b>	<p>In 2017, the Dutch Kidney Foundation organised a restaurant three days, where 15 catering companies around Amsterdam have cooked a <b>salt-conscious menu</b>. In 2018 this was scaled up to national level. KHN and the Dutch Kidney Foundation work in this project together.</p> <p>In 2018 100 restaurants participated in de <b>Nierstichting Restaurant Three Days</b>. In 2019 the target will be 200 restaurants. On the HORECAVA in January 2019 we will start with the tastiest match mashed potato stew with less salt.</p> <p>Contact: Ms. Nicolette Barkhof, Koninklijke Horeca Nederland, <a href="mailto:n.barkhof@khn.nl">n.barkhof@khn.nl</a></p>
<b>Norway</b>	<p>In Norway the Directorate of Health launched in June 2014 its action plan 2014-18 to reduce salt intake in the population. One of the measures in the plan is a Salt partnership, which is a collaboration between the food industry, catering industry, R &amp; D groups, advocacy organizations and health authorities. <b>The Norwegian Hospitality Association is part of this partnership.</b></p> <p>A main task for the partnership is to increase awareness that salt reduction improves public health. The overall aim is to initiate work on salt reduction in foods and served food and by that reach the goal to reduce the salt intake in the population with 15 percent by 2018.</p> <p>The partnership prepares salt reduction targets for different food categories, so-called salt lists. Monitoring of salinity in food product development/research, human resource development, better labeling and information to consumers are other key tasks for salt Partnership.</p> <p>Contact: Ms. Ingjerd Sælid Gilhus, NHO Reiseliv, <a href="mailto:ingjerd.gilhus@nhoreiseliv.no">ingjerd.gilhus@nhoreiseliv.no</a></p>
<b>Spain</b>	<p>FEHR participates to the following initiative on nutrient:</p> <p><b>NAOS Strategy</b></p> <p>In 2005, the NAOS Strategy (Strategy for Nutrition, Physical Activity and the Prevention of Obesity) was set up by the Ministry of Health and Consumer Affairs, through the Spanish Agency for Food Safety and Nutrition (AESAN), with the aim of making the population more aware of the problems obesity means for health, and of promoting any initiatives that help to encourage citizens, particularly children and young people, to adopt healthy lifestyles, mainly through healthy diets and regular physical activity.</p> <p>The NAOS Strategy aims to serve as a platform for any actions which help to meet this objective, by joining forces with, and with the widest possible participation of, all components of society, Public Administrations, experts in the field, private sector businesses, consumers and the whole population. Therefore, the scope and areas of action and influence of the NAOS Strategy are multiple: families, schools, the business world and the health system.</p>

	<p>To favour a framework of collaboration with companies in the food industry to promote the production and distribution of products which contribute to a healthier and more balanced diet to provide a varied and nutritionally balanced diet, enabling the selection of healthy options. Especially in the hospitality sector:</p> <p>Reduction in saturated fats: the restaurants undertake to gradually reduce, as supplies allow, the content of saturated fats in food. At the same time, animal fats will be replaced by vegetable fats in those products where this is possible.</p> <p>With respect to the oil used for frying certain products, they undertake to gradually reduce, before the end of 2006, levels of trans-fatty acids and saturated fatty acids of vegetable oils used for frying.</p> <p>Large portions: the restaurants undertake not to encourage the consumption of huge individual portions.</p> <p>Contact: Mr. Emilio Gallego, FEHR, <a href="mailto:egzuazo@fehr.es">egzuazo@fehr.es</a></p>
<p><b>Sweden</b></p>	<p><b>Visita is since a few years part of a project together with SP, Technical Research Institute of Sweden. The project has the title “<i>Salt reduction in foods for improved public health and stronger competitiveness</i>” and aims to reduce the use of salt.</b></p> <p>Here is a short description of the project:</p> <p>Salt reduction project in Sweden, coordinated by RISE (Research Institutes of Sweden)</p> <p>The salt consumption in Sweden is twice the level recommended by the National Food Agency. This may result in high blood pressure and increase the risk for cardiovascular diseases and stroke. The high salt intake is one of the most important health challenges in relation to food. It affects the public health in a negative manner and it also leads to considerable economical costs for society.</p> <p>Approximately 75 % of our salt intake originates from food that is either produced by food companies or cooked in restaurants. In order to meet the demands from both authorities and consumers, and thereby being competitive on the national and international market, there is a strong need in the food industry to be able to offer products with lower salt levels.</p> <p>Salt has many important functions in food, and it is a big challenge to reduce the salt levels without jeopardizing the taste, texture, microbial safety, shelf-life or processability of the products. A number of methods with potential to be used for producing foods with reduced salt levels were identified in the initial project. These methods (tailor-made salt distribution, innovative processing techniques, double emulsions, flavour combinations) will be used for developing innovative solutions for salt reduction that will be applied on four different demonstration foods representing different food types (bread, charcuteries, sauces/soups, dry mixtures).</p> <p>The foods will be evaluated regarding their quality, safety and shelf-life as well as their effects on economy and environment. The results from the project will be communicated primarily to interested parties in the food industry but also to society in general.</p>

	<p>The project group consists of representatives from large parts of the food production chain, including food producers, ingredient manufacturers, restaurants, food retailers and a consumer organization as well as the National Food Agency and researchers. There are 18 partners in the project.</p> <p><u>Contact:</u> Mr. Tim Nielsen, <a href="mailto:tim.nielsen@ri.se">tim.nielsen@ri.se</a>, +46-761272618</p>
<p><b>UK</b></p>	<p>The UK Government encourages such initiatives through the Public Health Responsibility Deals, website <a href="https://responsibilitydeal.dh.gov.uk/">https://responsibilitydeal.dh.gov.uk/</a></p> <p><b>Public Health Responsibility Deal</b></p> <p>The pub and restaurant businesses are engaged in the UK Government Public Health Responsibility Deals which include the <u>reduction of salt, energy and saturated fats in meals and nutrition.</u></p> <p>Information on the UK Public Health pledges can be found at: <a href="https://responsibilitydeal.dh.gov.uk/pledges/">https://responsibilitydeal.dh.gov.uk/pledges/</a></p> <p><b>OVERVIEW OF THE INITIATIVES UNDERTAKEN UNDER THE RESPONSIBILITY DEAL UMBRELLA</b></p> <p>The UK government operates the Public Health Responsibility Deal, through businesses can voluntarily commit to actions and targets intended to enhance public health.</p> <ul style="list-style-type: none"> <li>• The ALMR is actively involved with the Responsibility Deal and is a signatory to multiple pledges. As a trade association, the ALMR is a signatory to wide-ranging pledges of support rather than to specific actions, but many ALMR members have committed to specific targets and actions across the full range of pledges.</li> <li>• The Responsibility Deal is an outgrowth of co-operation between private and public sectors over public health issues of common concern and as such encompasses more than just food.</li> <li>• The Deal includes pledges on health-at-work, physical activity and alcohol reduction goals too. The alcohol Deal saw UK consumption reduced by 1bn units thanks to increased use of lower-alcohol drinks, smaller serving sizes and other measures.</li> <li>• The alcohol Deal also led to wider use of unit labelling on pre-packaged alcohol and this has been imitated by the food Deal which has driven for greater calorie labelling.</li> <li>• The food Deal has focused its efforts at the top of the supply chain, which leads to improvements cascading down to all businesses. It has been marked by flexibility further down the supply chain, e.g. for calorie information restaurants are able to determine how they provide information while packaged products are more tightly prescribed.</li> <li>• Building on the unit-reduction success of the alcohol Deal, the Responsibility Deal food network focuses chiefly on reformulation.</li> </ul>

- Pledge signatories commit to reducing the amount of certain nutrients in their food; in the case of catering businesses, this is usually accomplished by either redesigning a dish (e.g. different accompaniments, smaller size etc) or by changing ingredients (e.g. sourcing a healthier instance of the same menu item, replacing one ingredient with another etc).
- UK hospitality operators have had considerable success. Evaluations conducted during the course of the Responsibility Deal (which began in 2011) have shown reduced levels of salt, sugar and fat in meals – and particularly children’s meals – offered by the overwhelming majority of high street chains.
- This success has resulted in changes to pressures and incentives in hospitality supply chains, encouraging additional reformulation further up the supply chain. Hospitality operators are therefore also able to benefit from pledges made by suppliers, which may enable operators to reduce further the fat, sugar or salt content of a meal.
- The Responsibility Deal emphasises the role of consumer choice as the driver of healthy lifestyles and so works in tandem with government public health campaigns such as Change4Life, an app which informs consumers about ‘sugar swaps’ and other ways to reduce sugar, salt and fat intake.
- By allowing operators the flexibility to meet pledges however they see fit, the Responsibility Deal has harnessed private sector innovation to deliver public health goals and by sharing best practice widely among participants and more widely through a dedicated website, it has allowed effective actions to spread quickly. Its considerable successes are the result of this co-operative approach.

**Salt:**

- The UK leads the world in salt reduction, having decreased average consumption from 9.5g in 2001 to 8.1g in 2011 (-15%).
- The UK government recently set a new target of 6g per day and there is a pledge ([F9. Salt Reduction 2017](#), “We recognise that achieving the public health goal of consuming no more than 6g salt per person per day will necessitate further action across the whole food industry, Government, NGOs and by individuals. We will support and enable individuals to further reduce their salt intake by continuing to review and lower levels of salt in food. We commit to working towards achieving the salt targets by December 2017. For some products this will require acceptable technical solutions which we are working to identify and implement.”) supporting this goal.
- This pledge sets maximum salt levels for 76 food groups identified as contributing to high salt intake (e.g. sausages, bread) and requires a signatory to meet this limit in 95% of cases, rising to 100% by 2017.
- Hospitality operators are also able to achieve salt reduction through pledges [F5\(a\). Salt Catering: Training and Kitchen Practice](#) (e.g. using smaller quantities of high salt ingredients and avoiding adding extra salt through seasoning such dishes), [F5\(b\). Salt Catering: Reformulation of products as purchased by the customer](#) (e.g. reformulating recipes to reduce the salt in products) and [F5\(c\). Salt Catering: Procurement](#) (e.g. using mineral salts with lower sodium content).

**Saturated fat:**

- The UK aims to reduce saturated fat consumption to less than 11% of energy intake per person from the current level of 12.7%.
- There are two related Responsibility Deal pledges applying to catering businesses, [F8. Saturated Fat Reduction](#) (“We will support and enable people to consume less saturated fat through actions such as product/menu reformulation, reviewing portion sizes, education and information and incentivising consumers to choose healthier options. We will monitor and report on our actions on an annual basis. Progress in reducing people’s saturated fat intakes will be measured via the National Diet and Nutrition Survey.”) and [F3\(a\). Non use of Artificial Trans Fat](#) (“(a). We do not use ingredients that contain artificial trans fats; (b). We are working to remove artificial trans fats from our products within the next 12 months.”).
- Saturated fat reduction efforts have been concentrated higher up the supply chain, for example in reformulation of margarine and use of lower-fat cream for dessert products.
- Catering businesses have been able to meet these pledges through similar substitutions in the kitchen, e.g. cooking with vegetable oil, but chiefly through purchasing decisions.

**Sugar/calories:**

- Sugar reduction is achieved through Pledge [F1. Out of Home Calorie Labelling](#) (“We will provide calorie information for food and non alcoholic drink for our customers in out of home settings from 1 September 2011 in accordance with the principles for calorie labelling agreed by the Responsibility Deal.”) and Pledge [F4. Calorie Reduction](#) (“We will support and enable our customers to eat and drink fewer calories through actions such as product/ menu reformulation, reviewing portion sizes, education and information, and actions to shift the marketing mix towards lower calorie options. We will monitor and report on our actions on an annual basis.”).
- Per-capita calorie consumption in the UK is declining, with sugar consumption declining at a faster rate. Hospitality operators are able to effect changes primarily through reformulation and updated kitchen practices, e.g.:
- [JD Wetherspoon](#) provide meals up to 500 calories as a healthier/lower calorie option and they are labelled as such on menus to help consumers make a lower calorie choice. It hopes to grow its range of dishes under 700 calories to 55% of the menu content.
- [Beefeater](#) has reduced its average three course meal by 105 calories by removing higher calorie accompaniments and provides a choice of starters from 242 calories, mains from 339 calories and desserts from 360 calories, enabling a guest to eat a three course meal of less than 50% GDA for energy (women).
- [Sodexo](#) introduced smaller portion size sugar sachets saving 23,863,075 calories throughout 2013/14.
- [Whitbread](#) no longer advertises bottomless chips.
- Numerous operators now offer low- or no-calorie alternatives to sugar-sweetened beverages unless the customer specifically requests the full-sugar version.

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### 3. Other sectoral/specific initiatives.

Country	Initiative developed
Europe	<p><b>HOTREC developed a set of guidelines to help hospitality establishments reducing their amount of food waste</b> (January 2017). The HOTREC guidelines are permanently available on HOTREC’s website and were widely distributed to all HOTREC members. HOTREC used it to further promote food waste reduction actions in 2018.</p> <p>The guidelines include a number of tips for chefs in restaurants linked to nutritional aspects (e.g. recommendation to adjust portion sizes to the consumer’s appetite, provide for kids menu with appropriate portion sizes, favour seasonal products, favour flavours over quantities or avoid un-necessary trimmings, etc.) as this will also help reducing food waste.</p> <p><a href="http://www.hotrec.eu/Documents/Document/20170119161052-HOTREC_guidelines_on_food_waste_reduction_and_recommendations_to_manage_donations_-_Final.pdf">http://www.hotrec.eu/Documents/Document/20170119161052-HOTREC_guidelines_on_food_waste_reduction_and_recommendations_to_manage_donations_-_Final.pdf</a></p> <p>HOTREC is also an active member of the EU platform on food losses and food waste.</p> <p><u>Contact</u>: Mr. Alexis Waravka, HOTREC, <a href="mailto:alexis.waravka@hotrec.eu">alexis.waravka@hotrec.eu</a></p>
Belgium	<p>Horeca Vlaanderen launched in 2015-16 <a href="http://www.nofoodtowaste.be">www.nofoodtowaste.be</a>. On this website you can find a set of guidelines to help hospitality establishments reduce their food waste and hospitality entrepreneurs can sign the “Chef’s charter” to indicate their commitment to reduce food waste. The guidelines are also distributed in all the food-related trainings of Horeca Vorming Vlaanderen. It includes some tips about portion sizes, as it can help reducing food waste overall.</p> <p><b><u>Additional details:</u></b> Horeca Vlaanderen published some additional tips for hospitality establishments to reduce food waste and will distribute them to all the members.</p> <p>Horeca Vlaanderen introduced a new workshop about food waste. This contains not only tips and trick, but also points out to the entrepreneur where his biggest food loss and food waste can be found in the kitchen.</p> <p><u>Contact</u>: Ms. Eve Diels, HORECA Vlaanderen, <a href="mailto:E.Diels@horeca.be">E.Diels@horeca.be</a></p>

## France

**UMIH published in June 2018 a guide (in cooperation with the ADEME – Agence de l’Environnement et de la Maîtrise de l’Energie) to help restaurants reducing their food waste levels.** As part of it, it contains recommendations to adjust portion sizes, have a dialogue with clients to ensure quantities served do not exceed the needs, or to offer various menu options without desserts, etc.

The UMIH guide is available at the following link: <http://www.umih.fr/export/sites/default/.content/media/pdf/Media/2018/UMIH-GUIDE-RESTAURANTS-V3.pdf>

**UMIH also published a recipe book** in October 2017 which only includes recipes which make no waste and/or use leftovers. Information is available about this book at the following link : <http://www.umih.fr/fr/Salle-de-presse/press-review/Lutte-contre-le-gaspillage-alimentaire-Les-chefs-de-cuisine-sengagent-et-publient-leur-livre-de-recettes-ANTI-GASPI/>

**UMIH helped to create a training program intended to help business owners and their employees to reduce food waste in restaurants.** It was experimented on site by twenty restaurants in Brittany. Since mid-2018, this training program has been commercialized by our training organization, UMIH Formation, at a national level. Information about this training program is available at the following link : <http://www.umih.fr/fr/Salle-de-presse/news/Une-formation-contre-le-gaspillage-Alimentaire>

In order to distinguish restaurants which chefs have both experience and make home-made products from restaurants which work mainly by reheating finished or half-finished products, **UMIH worked to create an official status of “artisan cuisinier” roughly translated as “artisan chef” or “craftsman chef”,** which became law by decree in 2017. The decree is available at the following link : <https://www.legifrance.gouv.fr/affichTexte.do?cidTexte=JORFTEXT000034676464&categorieLien=id>

It states that an “artisan cuisinier” must uphold several criteria: certain qualification (educational degree or three years of experience), to cook only home-made products as defined by decree (decree n°2014-797), to have less than eleven employees at the time of the registration and the “artisan cuisinier” must be the company head.

In October 2018, **UMIH published a seasonal calendar of fruits and vegetables to incite chefs to use seasonal products.**

This calendar is available here : <http://www.umih.fr/export/sites/default/.content/media/pdf/2018/calendrier-umih-fruits-legumes-oct18.pdf>

This action is consistent with our partnership with Mr.Goodfish since 2017, which incite chefs, amongst others, to purchase seasonal kinds of seafood to avoid depleting. Their poster of recommendations for autumn 2018 is available at the following link : <http://www.umih.fr/fr/Salle-de-presse/news/Nouvelles-recommandations-de-Mr.Goodfish-pour-cet-automne/>

Information in French, English and Spanish about Mr.Goodfish, and their seasonal recommendations of seafood, is available on their website at the following links :

- In French: <https://www.mrgoodfish.com/>
- In English: <https://www.mrgoodfish.com/en/>
- In Spanish: <https://www.mrgoodfish.com/es/>

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