

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 13 European countries (Austria, Belgium, Denmark, France, Germany, Finland, Greece, Ireland, Italy, The Netherlands, Norway, Sweden and the United Kingdom) have adopted and/or contributed to specific initiatives on either nutrition, nutrients or other initiatives.

Done in Brussels, on 6 January 2020

List of initiatives promoted by HOTREC members

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

Country	Initiative developed
Austria	<p>Further Education Program called “Healthy cooking in Hospitality Businesses</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"> • Different needs: children, adolescents, women / men, seniors, working people • Healthy, balanced diet • Regional, seasonal products, organic products: market, offer, benefits • Sustainable material processing • sustainability and quality • Profitability, purchasing, costing, budget • Menu, meal plan

	<ul style="list-style-type: none"> Idea pool for your recipe collection <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>https://www.tirol.wifi.at/kurs/85430x-diplomlehrgang-gesundes-kochen-in-gastronomie-und-gemeinschaftsverpflegung?vanr=85401028</p> <p><u>Contact</u>: Mr. Michale Hardt, WKO/APRA, gastronomie@wko.at</p>
Denmark	<p>The Danish Meal Partnerships</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: http://maaltidspartnerskabet.dk/</p> <p>In 2018, the Danish Meal Partnership was changed into a wider partnership called The National Forum on Food, Meals and Health to contribute towards the common goal of good food and healthier lives. 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>The Keyhole label</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. 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. Further information on the Keyhole label can be found at: http://altomkost.dk/english/#c41068</p> <p>Marketing of food and non-alcoholic beverages to children</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>Sustainable food systems and hospitality</p> <p>Over the period 2019 -2021 HORESTA participates in a working group for the Danes' food habits focusing on unifying and communicating the Danish recommendations for nutrition in relation to climate and sustainability. The efforts will target the professionals (chefs), the foodservice sector in general, and the consumer.</p> <p><u>Contact:</u> Ms. Tine Skriver, HORESTA Denmark, tsk@horesta.dk</p>
Finland	<p>MaRa has recommended its members the <u>Nutrition commitment model</u>, an operating model developed and ran by Finland's Commission for Sustainable Development and the National Nutrition Council. The model helps food business operators and stakeholders to improve the nutritional quality of diet and to encourage nutritionally responsible practices.</p> <p>FBOs can make commitments in the following content areas: Salt, Quality of fats, Sugar, Vegetables, berries and fruits, Products for children, Portion and package sizes, Lunch (meals and snacks) and Recipes. The operator formulates a suitable nutrition commitment, in accordance with the criteria of the model, and publishes the commitment on a website. The targets must be concrete and measurable, as a report on the progress towards achieving them will be submitted each year. MaRa has introduced the model to its member companies in its newsletters and in an article in the magazine Vitriini.</p> <p><u>Contact:</u> Ms. Marjaana Ingervo, MaRa, marjaana.ingervo@mara.fi</p>
France	<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 French Members of Parliament 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"> - In its entirety : https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/09/CNA-Avis-81-Alimentation-favorable-%C3%A0-la-sant%C3%A9.pdf - In a 4-pages resume: https://www.cna-alimentation.fr/v2/wp-content/uploads/2018/10/Avis-81-R%C3%A9sum%C3%A9-4-pages.pdf <p>Following this notice, other work groups have been constituted, one of them working on nutrients issues (salt, fat, sugar).</p> <p><u>Contact:</u> Mr. Laurent Prigent, UMIH, juridique.reglementaire@umih.fr / laurent.prigent@umih.fr</p>
Germany	<p>DEHOGA and the German Federal Ministry of Food and Agriculture together initiated the competition “Ausgezeichnet! Deutschlands beste Kinderspeisekarten” in October 2019. Restaurants and Hotels that offer kid’s menus with a focus on balanced diet, health and creativity are asked to participate and to hand in photos of their well—balanced child menus until January 31st 2020. The winners will be awarded by German Federal Minister of Food and Agriculture Julia Klöckner at an official award ceremony.</p> <p>http://www.dehoga-bundesverband.de/ueber-uns/partnerschaften-und-initiativen/#c7280</p>

	<p>Contact: Mr Christian Reuter, DEHOGA, reuter@dehoga.de</p>
Greece	<p>The Hellenic Chamber of Hotels is actively engaged in the Greek Breakfast initiative.</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”. A new Greek Breakfast portal has been launched in September 2018: https://www.greekbreakfast.gr/?lang=en, so as to provide valuable information on certified hotels, Greek traditional products and recipes.</p> <p>In 2019, there was a large interest by the Greek hotels to join the programme and get the relevant certification, with 828 hotels all over Greece actually offering Greek Breakfast to their guests.</p> <p>Contact: Ms. Agni Christidou, Hellenic Chamber of Hotels, agni@grhotels.gr</p>
Ireland	<p>The Irish Hotels Federation's Healthy Food for Kids initiative 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 187 establishments have committed to the programme 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>Contact: Ms. Carol Bergin, Irish Hotels Federation, BerginC@ihf.ie</p>
Italy	<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: http://www.guadagnaresalute.it/default.asp</p> <p>FIPE is working with Italian Health Minister on a Memorandum of understanding. One of the aim of the Memorandum will be to promote policy on a correct nutrition balance by the use of “Menù Nutrizionalmente Corretti” (Nutritionally Correct Menus).</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>In 2019 Fipe in implementation of the Memorandum of understading (in cooperation with Italian Health Minister, Istituto Superiore di Sanità, Reti Città Sane OMS and F.O.O.D programme) created an "operational support" for its associates/members, aimed at promoting nutritionally correct food consumption and clarifying the stringent new consumer health and safety regulations in order to promote responsible, healthy and sustainable dining offer.</p> <p>In particular the operational supports are:</p> <ul style="list-style-type: none"> - “Pillole video”: nutritional safety videos where a professional chef gives advice for a healthy diet in order to make balanced menus in "lunch break" but also on other issues relating food and nutrition. - “Guida Breve allergici alle sanzioni”: within which the entire European and national legislation on allergens is summarized - “Decalogo allergeni in cucina”: provide some simple operational guidance to make it easier to manage allergens in the restaurants. <p>Contact: FIPE, area.legale@fipe.it</p>
Netherlands	<ul style="list-style-type: none"> - KHN is partner in the ‘Akkoord Verbetering Productsamenstelling’, 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. E.g. KHN organises together with the Kidney Foundation in March the Restaurant Three Days. Dutch Restaurants will cook 3 days a menu with less salt. They show guests that eating with less salt can also be very tasteful. - KHN signed, at the end of November 2018, the National Prevention agreement on obesity and excessive alcohol consumption. The Prevention agreement was signed by 70 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. On smoking no industry is allowed. <p><i>KHN actions on obesity:</i></p>

	<ul style="list-style-type: none"> • KHN encourages hospitality entrepreneurs to serve more vegetables and less meat. That is why KHN entered into a partnership with Dutch Cuisine. They work with fresh, local products from the season and with more vegetables and less meat. Together we organize inspirations sessions with vegetables in the lead. We also introduced with the different seasons impact menu's (e.g. winter). This menu's are with more vegetables and have a lower CO2 emission. This menu's are an inspiration for our members. • KHN encourages its members to promote drinking water and sugar free drinks. During summer we had a small social media campaign, mainly focusing on the presentation of water. A bottle/carafe with water and fresh fruit looks very attractive and tastes very good. • KHN wants to encourage the use of smaller portions to make people eat healthier. We made an animation on portion size with 4 tips to use smaller portions. You can find the animation here (in Dutch). <p>- In 2018 KHN did a small study on healthy eating in the catering industry. The results have been processed to a infographic. In 2020 KHN will do the same small study to see if there are any new developments .</p> <p>- In The National Prevention Agreement, a large number of parties have agreed to come up with a new, widely supported food selection logo in 2020 based on a thorough, independent consumer survey that can help consumers make a healthy choice. On 28 November 2019 the Dutch Ministry of Health decided to go for Nutriscore. Consumer research shows that with Nutriscore consumers can best be led to the healthy (er) Choice. The coming year there will be an evaluation on the criteria for Nutriscore with different scientists from different countries. After this evaluation Nutriscore will be allowed on the Dutch market (2021)</p> <p><u>Contact:</u> Ms. Nicolette Barkhof, Koninklijke Horeca Nederland, n.barkhof@khn.nl</p>
--	--

2. Specific initiatives on nutrients (salt, fat, sugar)

Country	Initiative developed
Belgium	<p>HORECA Vlaanderen commitment for reduction of salt:</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"> - 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. - distribute any useful information about salt reduction - use of iodine salt in the food chain through our journal; - launch a formation 'replacing salt'.

HORECA Vlaanderen commitment for reduction of sugar/fat:

HORECA Vlaanderen, as a federation, cannot impose actions on its members, but can however make recommendations.

HORECA Vlaanderen committed to:

- recommend its members to use less fat and sugar.
- 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)
- try to include energy reduction as much as possible into existing food- and drink-trainings of our Training Centre (Horeca Vorming Vlaanderen).

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 1000 copies.

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

- Workshop 1: Healthy working with fats (May – September 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 – November 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 – March 2019)
 1. organizing your kitchen
 2. The difference between an intolerance and allergen.

	<p>3. Various.</p> <ul style="list-style-type: none"> - Workshop 4: Flavours (April – May 2019) <ul style="list-style-type: none"> 1. What are (natural) aromas? 2. Aromas you can easily anticipate special needs of customers (allergies, vegetarian / vegan, etc.) 3. Save time and budget if you integrate aromas into your dish? <p>Additional initiatives:</p> <p>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.</p> <p><u>Contact:</u> Ms. Eve Diels, HORECA Vlaanderen, E.Diels@horeca.be</p>
Denmark	<p>The Salt Partnership</p> <p>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.</p> <p>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: http://altomkost.dk/fakta/mad-og-drikke/foedeverer/salt/</p> <p><u>Contact:</u> Ms. Tine Skriver, HORESTA Denmark, tsk@horesta.dk</p>
Greece	<p>The “Greek Breakfast” Initiative has compulsory key elements that promote:</p> <ul style="list-style-type: none"> • 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 • less saturated fats such as olive oil instead of butter and margarines

	<p>There is a growing interest by the Greek hotels to join the programme and get the relevant certification. A new Greek Breakfast portal has been launched in September 2018 https://www.greekbreakfast.gr/?lang=en, so as to provide valuable information on certified hotels, Greek traditional products and recipes. 828 hotels all over Greece are certified to offer Greek Breakfast to their guests in 2019.</p> <p>Contact: Ms. Agni Christidou, Hellenic Chamber of Hotels, agni@grhotels.gr</p>
Italy	<p>Following the aim of “Gaining Health” program, 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.</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>Additional details: 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, legale@fipe.it</p>
Netherlands	<p>In 2017, the Dutch Kidney Foundation organised a restaurant three days, where 15 catering companies around Amsterdam have cooked a salt-conscious menu. In 2018 this was scaled up to national level. KHN and the Dutch Kidney Foundation work in this project together. In 2018 100 restaurants participated in de Nierstichting Restaurant Three Days. In 2019 the target will be 200 restaurants. In January 2019, the HORECAVA started with the match of the tastiest mashed potato stew with less salt.</p> <p>Contact: Ms. Nicolette Barkhof, Koninklijke Horeca Nederland, n.barkhof@khn.nl</p>
Norway	<p>In Norway the Directorate of Health launched in June 2014 its action plan 2014-18 to reduce salt intake in the population. For several years the Norwegian food industry has collaborated with the health authorities with the aim of making groceries healthier. The partnership for a healthier diet is a more comprehensive collaboration with clear responsibilities and structure, ambitious goals and political attention. https://www.helsedirektoratet.no/english/partnership-for-a-healthier-diet</p> <p>The letter of intent (Memorandum of Understanding, MoU) for facilitating a healthier diet in the population is a signed agreement between the Norwegian health authorities and food industry (food and trade organizations, food and beverage manufacturers, food retailers and food service industry). The MoU (Norwegian, PDF) was signed on December 6th, 2016 and lasts until 31st December 2021. The agreement contains specific goals related to reducing the intake of salt (the Salt partnership), added sugar and saturated fat, and increasing the intake of fruits and berries, vegetables, whole grain foods, fish and seafood in the population.</p> <p>Status of the work As of 1st of January 2019 there are a total of 95 affiliated companies and enterprises in the partnership. The common goals in the partnership are based on data from national surveys from the Norwegian Directorate of Health, the Norwegian Institute of Public Health,</p>

	<p>the University of Oslo and Statistics Norway. The data is in the form of food supply statistics, consumer consumption surveys and national dietary surveys.</p> <p>Priority area 1: reduction of salt</p> <p>The work on salt reduction is in the form of the Salt partnership. The Norwegian Directorate of Health lead and coordinates the work. 84 partners have joined the salt partnership.</p> <p>Priority area 2: reduction of added sugar</p> <p>FoodDrinkNorway organizes the work on sugar reduction. They organized two workshops in 2017. There are 42 affiliated businesses in this priority area. According to the food supply statistics, added sugar contributed with 12.3 percent of energy in 2015 and 11.8 E% in 2017.</p> <p>Priority area 3: reduction of saturated fat</p> <p>FoodDrinkNorway organizes the work on saturated fat and arranged two workshops in 2017. By 1st of January 2019 there was 47 affiliated businesses in this focus area. Saturated fat contributed with 14.5 E% in 2015 and 14.2 E% in 2017.</p> <p>Priority area 4: increased intake of fruits and berries, vegetables, whole grain foods and seafood</p> <p>The Norwegian Association of Fruit and Vegetable Wholesalers, the Norwegian Bakery and Confectionary Association and the Norwegian Seafood Federation organizes this focus area. They arranged two workshops in 2017 and two in 2018. By 1st January 2019 a total of 69 businesses had signed to contribute in this focus area. The food supply of vegetables has been stable, there has been a 1 percent reduction of fruits and berries, and fish has been reduced by 15 percent from 2015 to 2017. The proportion of whole grain flour from Norwegian mills increased by about 2 percent from 2015 to 2017.</p> <p>Priority area 5: consumer behavior</p> <p>All involved actors should use their available means towards changing consumer behavior in a healthier direction. The coordination group has a major responsibility on following this focus area.</p> <p>Priority area 6: monitoring of progress</p> <p>Monitoring is based on data from national surveys and other available sources. An external evaluation of the work will be performed by an independent research foundation throughout the entire partnership period (2017–2021). The first evaluation report was published in the spring of 2019.</p> <p>For further information please contact Ole Michael Bjørndal, NHO Reiseliv, omb@nhoreiseliv.no</p>
Sweden	<p>Visita is since a few years part of a project together with SP, Technical Research Institute of Sweden. The project has the title “Salt reduction in foods for improved public health and stronger competitiveness” and aims to reduce the use of salt.</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, tim.nielsen@ri.se, +46-761272618</p>
UK	<p>The UK Government encourages such initiatives through the Public Health Responsibility Deals, website https://responsibilitydeal.dh.gov.uk/</p> <p>Public Health Responsibility Deal</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: https://responsibilitydeal.dh.gov.uk/pledges/</p> <p>OVERVIEW OF THE INITIATIVES UNDERTAKEN UNDER THE RESPONSIBILITY DEAL UMBRELLA</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>

- 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.
- 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.
- 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.
- 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.
- 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.
- Building on the unit-reduction success of the alcohol Deal, the Responsibility Deal food network focuses chiefly on reformulation.
- 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.:

	<ul style="list-style-type: none"> • <u>JD Wetherspoon</u> 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. • <u>Beefeater</u> 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). • <u>Sodexo</u> introduced smaller portion size sugar sachets saving 23,863,075 calories throughout 2013/14. • <u>Whitbread</u> 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. <p>UK hospitality (new organization created from the merger of the Association of Licensed Multiple Retailers – ALMR- and the British Hospitality Association – BHA), has developed a nutrition guide for catering managers and chefs.</p> <p><u>Contact:</u> Mr David Sheen, Public Affairs Director, UK hospitality, dsheen@ukhospitality.org.uk</p>
--	--

3. Other sectoral/specific initiatives.

Country	Initiative developed
Europe	<p>HOTREC developed a set of guidelines to help hospitality establishments reducing their amount of food waste (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>http://www.hotrec.eu/Documents/Document/20170119161052-HOTREC_guidelines_on_food_waste_reduction_and_recommendations_to_manage_donations_-_Final.pdf</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, alexis.waravka@hotrec.eu</p>

Belgium	<p>Horeca Vlaanderen launched in 2015-16 www.nofoodtowaste.be. 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><u>Additional details:</u> 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 in 2018. 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. In 2019 Horeca Vlaanderen didn’t organise a specific workshop about food waste, but food waste is discussed in every F&B workshop and startersworkshop.</p> <p><u>Contact:</u> Ms. Eve Diels, HORECA Vlaanderen, E.Diels@horeca.be</p>
Finland	<p>2017 MaRa published a guide <u>Hävikkiä häätämään (reducing food waste in restaurants)</u>. The guide deals with the causes of food waste and the reasons to prevent it, the ways to optimize the amount of the food purchased and served and the ways to make use of the leftover food. It also promotes measurements of food waste in restaurants and gives hints how to commit a measurement project.</p> <p>In 2018–2020, MaRa is participating a national <u>Food waste monitoring and road map project</u>. Natural Resources Institute of Finland is carrying out the project together with food chain actors and three ministries. The aim of the project is to build a national monitoring system of food waste and to produce a one-year baseline information on food losses in the whole food chain. In addition, key tools to reduce food waste and losses in the food chain will be identified. By drawing up the road map, voluntary tools to reduce food waste and legislation will be taken into account.</p> <p>MaRa is one of the financiers of the project and a member of the steering group.</p> <p>MaRa has invited its member companies to participate the food waste measurements in the Food waste monitoring and road map project. A new on line tool is developed for the measurements, and measurement periods have been carried out during 2019 in 79 resatrurants and food services. The results for the restaurant sector will be published in December 2019.</p> <p><u>Contact:</u> Ms. Marjaana Ingervo, MaRa, marjaana.ingervo@mara.fi</p>

France	<p>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.</p> <p>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</p> <p>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/</p> <p>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</p> <p>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</p> <p>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.</p> <p>In October 2018, UMIH published a seasonal calendar of fruits and vegetables to incite chefs to use seasonal products.</p> <p>This calendar is available here : http://www.umih.fr/export/sites/default/.content/media/pdf/2018/calendrier-umih-fruits-legumes-oct18.pdf</p> <p>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/</p> <p>Information in French, English and Spanish about Mr.Goodfish, and their seasonal recommendations of seafood, is available on their website at the following links :</p> <ul style="list-style-type: none"> - In French: https://www.mrgoodfish.com/ - In English: https://www.mrgoodfish.com/en/ - In Spanish: https://www.mrgoodfish.com/es/ <p><u>Contact:</u> Mr Laurent Prigent, UMIH, juridique.reglementaire@umih.fr / laurent.prigent@umih.fr</p>
--------	--

The French Ministry of Foreign Affairs & Alain Ducasse with 40 professionals such as Stéphan Martinez, President of the Commission of Sustainability in GNI (Groupement National des Independants), proposed a new White Paper on sustainable gastronomy. This book explains the seven pillars of sustainable gastronomy: choice of ingredients, creation of menus, respect of biodiversity, management of food waste, awareness of entourage, fittings, ethical collaborations. It gives testimonies and concrete good practices of restaurateurs. Nutrition is a core subject for sustainable gastronomy. [Click here to read the White Book \(FR\)](#)

Contact: Ms Véronique Martens, GNI, v.martens@gni-hcr.fr

* * *