

BDA The Association
of UK Dietitians

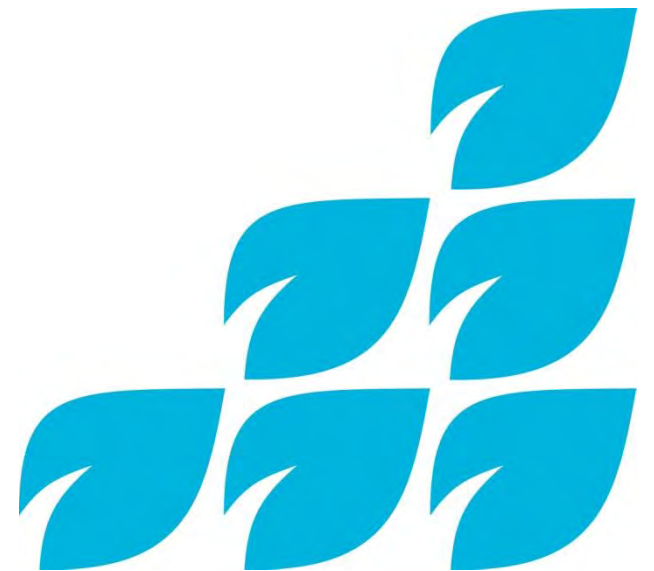


Food Services

Specialist Group

Nutrition Toolkit for Healthcare Catering

Authors: members of the working group of the BDA Food Services Specialist Group including Lauren Bowen, Lisa Hunter, Joana Jardim and Eileen Steinbock - with special thanks to the various companies of the BDA Food Services Specialist Group technical experts.



Summary

What is it?

The BDA Food Services Specialist Group has compiled the following toolkit about the steps that must be taken in order to comply with the nutrition labelling requirements set out in Regulation (EU) No. 1169/2011 on the provision of Food Information to Consumers (**EU FIC**), due to come into force on the 13th December 2016. The *key requirements* have been expressed as a simple flow chart at the end of the toolkit. Links to more detailed information can be found within the document.

Who is it for?

All individuals involved in food service provision but particularly for hospital catering services and dietetic teams, it clarifies their responsibilities if the decision is made to provide nutrition information for *non-prepacked foods voluntarily*.

Why do we need it?

To ensure compliance with **EU FIC** 1169/2011, which will guarantee nutrition information will be provided in a uniform way across the UK. This will enable customers and patients to make more informed decisions on food and beverage items.

Nutrition Toolkit for Healthcare Catering

Allergen Labelling

Since December 2014, it has been mandatory for the 14 allergens, identified by the EU as most likely to cause harm, to be made known to consumers buying any prepacked or non-prepacked food and/or beverage item. For prepacked items there are strict guidelines as to how and where the allergen information must be displayed. Further information on this subject can be found here

www.bda.uk.com/publications/professional/food_allergen_toolkit_food_counts

The provision of allergen information is now an ingrained part of the day-to-day running of all hospital catering services across the UK.

Nutrition Labelling

Since December 2014, it has also been a mandatory requirement for *prepacked* foods with a nutrition or health claim to provide nutrition information in accordance with **EU FIC**. But from **13th December 2016** it will be a mandatory requirement to provide nutrition information on all *prepacked* food, regardless of whether a nutrition or health claim is made.

There is no requirement under **EU FIC** for nutrition information to be provided for food sold non-prepacked* and there are no current plans to introduce mandatory nutrition labelling for non-prepacked foods.

* Non-prepacked foods are classified as:

- Foods offered for sale to the final consumer or mass caterers without prepackaging;
- Foods packed on the sales premises at the consumer's request; and
- Foods prepacked for direct sale, for example, foods packaged and then sold on the same premises or local sites trading under the same name (e.g. sandwiches or salad boxes).

However, in many hospital catering services, nutrition information for non-prepacked foods is often:

- Voluntarily displayed (in restaurant settings) so that,
 - Companies can uphold their Responsibility Deal obligations
 - Staff and visitors can make informed decisions when making food choices

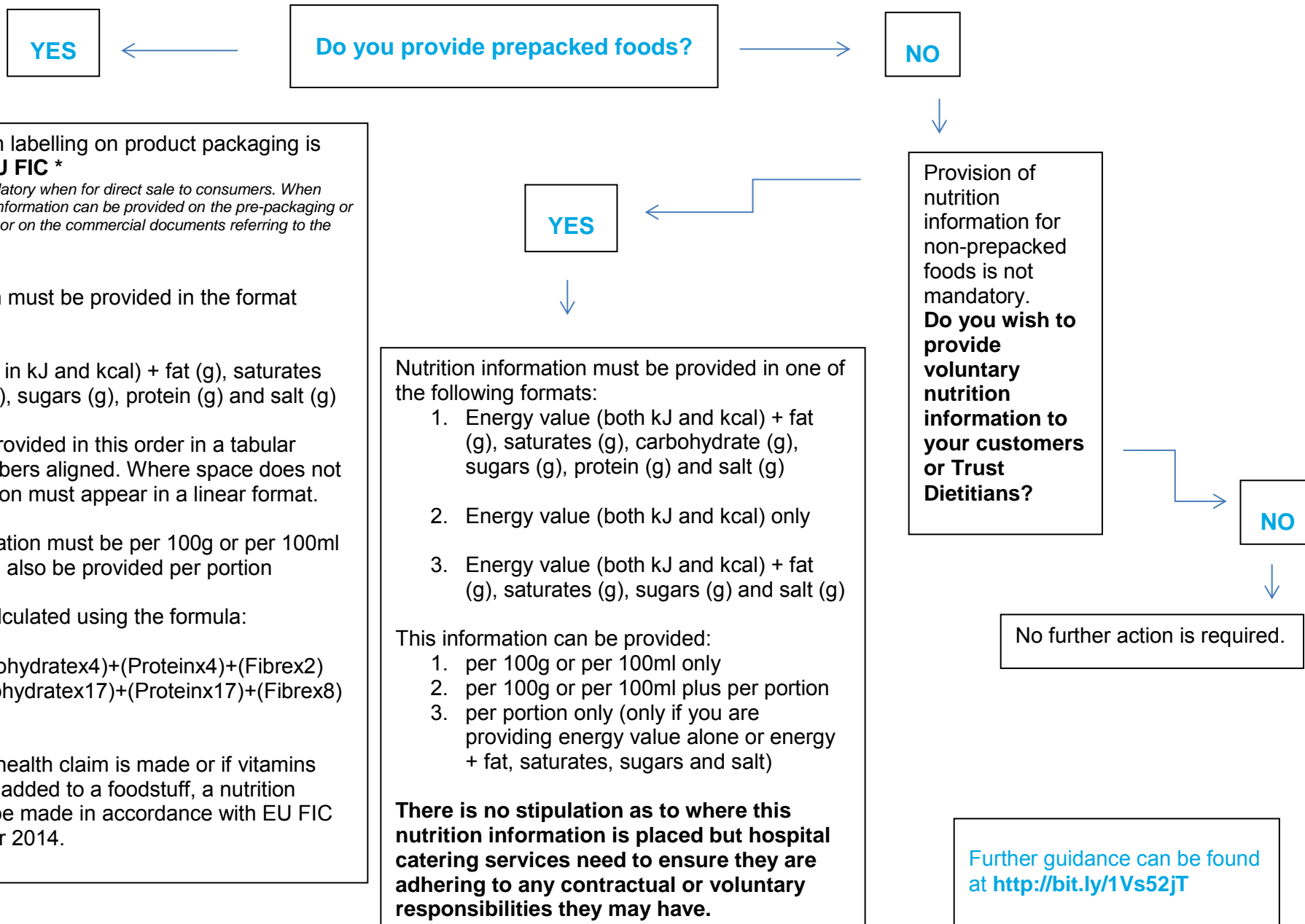
OR

- Provided to Trust Dietetic or Clinical teams (in patient settings) so that,
 - The nutritional capacity of the menu can be assessed
 - Menus can be given appropriate dietary codes based on the nutritional content of the dishes
 - Advice can be given to patients about which meals or products best meet their nutritional needs

REMEMBER

If hospital catering services do decide to provide nutrition information for non-prepacked foods voluntarily then from December 2016 it must be provided in a specific format.

EU FIC Nutrition Requirements December 2016: What do you need to provide?





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5th Floor, Charles House, 148/9 Great Charles Street Queensway, Birmingham B3 3HT
Tel: 0121 200 8080 Fax: 0121 200 8081 email: info@bda.uk.com

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