

NIVO ASSIST BRIEFING DOCUMENT – No.29

CALORIE LABELLING IN THE OUT OF HOME SECTOR

Regulations come into force from 6th April 2022.

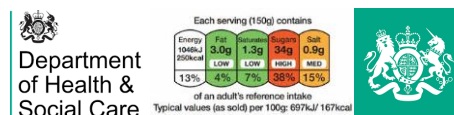
- Introduction of mandatory calorie labelling among large food businesses (250+ employees)
- The guidance says these are in scope - restaurants or canteens: hot beverages (all varieties) (but not prepacked cold drinks, such as milkshakes, frappes, smoothies), biscuits, cakes, muffins, pastries, sandwiches, paninis, toasties, wraps, soups, pasta bowls, salads, porridge, cereals, and yogurts
- Any outlet where food or drink is prepared in a way that means it is ready for immediate consumption, on or off the premises.
- You must display the energy content of the food in kcal and reference the portion size.
- You must display the statement that ‘adults need around 2000 kcal a day’
- Why? To help consumers to make healthier decisions, calorie labelling aims to encourage businesses to display nutritional information.

Whilst there is a little ambiguity the inclusion of hot beverages comes directly from the guidance:

<https://www.gov.uk/government/publications/calorie-labelling-in-the-out-of-home-sector/calorie-labelling-in-the-out-of-home-sector-implementation-guidance>

Whilst vending is not directly referred to, we believe this will affect vending operators (under contract caterer). If you are operating a machine on a site, then you will have to provide the information. If your client is operating the machine, then they will be responsible (however they will probably ask you for the information).

We would suggest that you work out the calorie content of the drinks and have that information available. There are various ways you can display the information, but it needs to be accessible for all. We are currently compiling calorie content from all NIVO suppliers by gram so that you can work this out. This information will be available shortly on the NIVO website under NIVO Assist.



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