



EUROPEAN PARLIAMENT

2009 - 2014

Quaestors

16.07.2013

## NOTICE

(27/2013)

**Subject: Better information concerning ingredients of food served in European Parliament restaurants and self-service canteens**

With a view to substantially improving information regarding the ingredients of food served in the European Parliament restaurants and self-service canteens and in the light of the recent Bureau decision, ingredient lists ('fact sheets') will be progressively introduced for the various dishes.

Initially they will be provided at the Brussels self-service canteen\* and gradually extended to Parliament's other places of work. They will contain the following information:

- List of principal **ingredients**,
- Indication of average **nutritional value**,
- Traffic-light colour code indicating **average CO2/kg emissions** during preparation.

*(\* This information will be made available for soups, cold dishes, the chef's speciality, the 'vitality' dish, the vegetarian dish and the dish of the day in the restaurants and self-service canteens in Brussels.)*

Additional information will subsequently be provided with regard to **food allergens**.

Please find attached an explanation of the information given and a sample 'ingredient fact sheet' for a typical dish.

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PE501.880/Quaest

**Explanation of information contained in an ‘ingredient fact sheet’**

1) **List of principal ingredients**

In order to provide Members with the relevant information, the principal ingredients of the main dishes will henceforward be indicated in descending order for each individual recipe.

For example : Principal ingredients

Quorn	Chives
Mushroom	Garlic
Onion	Wheat flour
Quinoa	Vegetable stock
Cream	Salt and pepper
Watercress	Tarragon
Olive oil	Laurel
White wine	

2) **Average nutritional value:**

In addition to varied and balanced meals, information will be given to Members concerning the average nutritional value (Kcal) of each dish. An indication of the principal nutrients will also be included: proteins, lipids and carbohydrates (in grams). We hope in this way to raise awareness among Members of the importance of a balanced diet.

For example : Average nutritional value

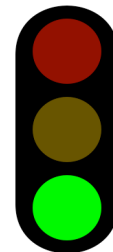
535 Kcal	Proteins : 24.0g Lipids : 25.0g Carbohydrates : 53.2g
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3) Indication by traffic-light colour coding of average CO2/kg emissions during preparation

In addition to ongoing efforts to provide more sustainable meals in terms of seasonal availability, biodiversity and responsible farming, information will also be given to Members regarding the environmental impact of the main dishes. Each will be traffic-light colour coded (green, orange or red) to indicate its impact in terms of CO2/Kg.

For example : Average CO2/Kg emissions

Red: >15kg CO2/Kg  
Orange: 1.5-15kg CO2/Kg  
Green: <1.5kg CO2/Kg



4) Indication of the presence of allergens:

In the medium term, it is also intended to provide information regarding the possible presence of allergens in food served.

Annex : Sample 'ingredients fact sheet' for a typical dish

