

DERBYSHIRE COUNTY COUNCIL**Meeting with Cabinet Member, Health and Communities****14 April 2015****Report of the Strategic Director, Health and Communities****FOOD AND FEED SAMPLING RESULTS – OCTOBER TO MARCH****1. Purpose of Report:**

To advise the Cabinet Member, Health and Communities of recent results from food and feed samples obtained in Derbyshire; and to seek the Cabinet Member's approval to raise public awareness of the number of calories, fat and salt in some locally produced lasagne meals.

2. Information and Analysis:

2.1 To check compliance with Food Safety requirements and in particular food composition and labelling requirements, the Trading Standards Division regularly makes test purchases of food sold in the county and submits them to the Public Analyst. An annual programme is agreed with the Public Analysts in accordance with statutory guidance and which forms part of the Division's Annual Food and Feed Plan approved by the Cabinet Member. Food sampling programmes tend to be themed to look at specific food products or may be in response to specific intelligence or complaints from members of the public.

2.2 The theme of the most recent food sampling projects were as follows:

- Fish products containing named fish species, for authenticity
- Takeaway curries for presence/level of artificial colours recently restricted by amendments to additive legislation. This was a follow up to a previous survey earlier in the year after it was found that there was still widespread use of artificial colours in use in the takeaway curry sector.
- 'Homemade' lasagnes from local catering establishments to examine salt, fat and calorie content
- Locally produced sausages – for meat and salt content

In addition the Division also participates in regional and national initiatives coordinated by the Food Standards Agency by taking samples of agricultural and feed products; responds to complaints from the public; and submits samples following routine visits to local food producers and retailers. These additional sampling programmes are listed below:

- FSA National co-ordinated food sampling
- Animal Feed samples

- Complaint/initiative/ follow up and non-retail FSI samples

2.3 In total 102 food or feed products have been submitted for analysis and of those 35 (34%) were reported as being unsatisfactory in some regards. The Division has a range of sanctions available to seek compliance with legal requirements; the main activity engaged is to provide advice and information to the relevant business. Where the business has a head office that is not in Derbyshire and the results of analysis are of a relatively minor or technical matter, details are referred to the relevant Home or Primary Authority. An advisory approach is generally adopted where there has been a recent change in legislation and only when there is evidence of deliberate or negligent criminal behaviour would a more formal enforcement approach be adopted.

Artificial Colours in Curry products

2.4 Following previously reported continued use of artificial colours in takeaway curries further samples were taken with similar results. The new limits were brought in to legislation following a detailed study by the European Food Standards Agency. Tests have shown that excessive levels of some artificial colours can be harmful to health, however, it should be noted that there is no indication that the use of these colours is dangerous at the levels we have found.

2.5 The 'takeaway' curry samples were taken as part of a wider strategy to ensure compliance with new limits on the use of certain artificial colours and reduced limits on others in sauces and seasonings. In most cases the products used to colour these meals can legally be sold to the takeaway's as they are not supplied as a sauce or seasoning. Our work in this area has highlighted one business that is sourcing colours that enables them to comply with the requirements and we intend to share best practice with other businesses across the sector. We also intend to work with the suppliers of this material (through their HA) to add better instructions for use to labels and specifications where appropriate.

Lasagne

2.6 This sampling programme was to assess the salt, fat, meat and calorie content of a popular meal choice when eating out or buying in. 10 lasagne meals were purchased; 8 were 'home made' meals from local pubs, restaurants and cafés whilst the remaining 2 were commercially or mass produced products. Whilst from a laboratory analysis there can be no indication of taste or quality, the analysis does provide some surprising results in terms of the variation in portion size and the unit fat, salt, meat and calorie content as can be seen from the summary below:

- Portion size: range - 237 grams to 440 grams, average: 349 grams
- Meat content: range – 17% to 73%, average 35%
- Fat content (per 100g): range 5.6g to 18.3g, average: 10.5g
- Saturated fat content (per 100g): range 3g to 7.6g, average: 5.3g
- Salt content (per 100g): range 0.48g to 1.86g, average: 0.9g

See appendix 2 for full results.

- 2.7 To put these results into context it is perhaps helpful to recall nutritional guidelines on what is considered an appropriate amount of salt, fat and calories per person – GDA or guideline daily amount¹. (See table below).

Table 2: Criteria for 100g of food (whether or not it is sold by volume)

Text	LOW	MEDIUM	HIGH	
Colour code	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g and ≤ 22.5g /100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	>1.5g/100g	>1.8g/portion

Note: portion size criteria apply to portions/serving sizes greater than 100g

An examination of appendix 2 reveals that all the meals were in the amber 'medium' for fat (and saturated fat) and salt content and some of the samples were in the red 'high' category. Clearly the portion size and recipe (eg amount of fat) will determine the energy value (calories per portion) but it should be noted that one sample of lasagne which weighed 364g provided 50% of the Guideline Daily amount for an adult woman having 990 calories. This particular portion had 95% of the GDA for fat and 68% of the GDA for salt.

- 2.8 All local traders have been advised of the results of the sampling survey and many were genuinely shocked by the results. Details of the Heart of Derbyshire (HoD) scheme have been provided and several business have either already joined the scheme and are offering more healthy options or are considering joining the scheme. Some of the responses and actions taken by these businesses are as follows:

- Café already a HoD member has made an additional pledge to offer less cheese if requested to do so – which will impact of the levels of fat and salt
- Pub/restaurant will be looking at using leaner mincemeat and possibly a lower fat cheese, as well as using less salt in their cooking. They are interested in joining HoD.
- Café explained that they only use one type of cheese for everything, and they do add a lot of cheese to the lasagne. Considering using less of a stronger cheese or swapping to a lower fat cheese. Also suggested they will start draining the fat from the mincemeat and are interested in joining HoD.
- Café signed up to HoD during the visit, and made pledges to use less cheese, offer low fat cheese, use a lean minced meat, add less salt when cooking and to remove salt from tables.

¹ For more information go to: http://www.foodlabel.org.uk/label/gda_values.aspx

- Pub chef was very shocked at the high sat fat levels and high salt levels, and was very keen to rectify this.
- Café is part of a chain and the Manager has been trying to persuade Head Office to allow them to sign up to HoD. Advised re changing the cheese used and reducing.

2.9 The Heart of Derbyshire Scheme is very much about raising awareness about how much food we eat and how relatively little changes can impact quite significantly on our diets. Hopefully it is recognised as not telling people what they should be doing, but providing healthier alternatives for those who are interested in improving their health

2.10 A summary of each of the food projects together with the results of analysis – where received – together with the action taken is provided in the Appendix to this report.

3 Other Considerations:

In preparing this report the relevance of the following factors has been considered; human resources, legal, financial, prevention of crime and disorder, equality of opportunity; environmental, health, human resources, property and transport considerations.

4 Background Papers:

CabCo Report: Annual Food and Feed Service Plan 2014-15 dated 9 September 2014

5 Key Decision:

No

6 Call-in:

Is it required that call-in be waived for any decision on this report?

No

7 Officer's Recommendation:

That the Cabinet Member, Health and Communities notes the outcome of recent food sampling activity; and supports raising awareness of the number of calories, fat and salt in some locally produced lasagne meals.

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Health and Communities

Appendix – Food Sampling Results

Table 1 - Numbers of samples taken and proportion found to be incorrect

No.	Survey	Proposed number of samples	Actual samples taken	Number of unsatisfactory samples	Percentage Unsatisfactory
1	Fish products containing named fish species, for authenticity	5	5	3	60%
2	Takeaway curries for presence/level of artificial colours recently restricted by amendments to additive legislation	12	12	11	92%
3	'Homemade' lasagnes from local catering establishments	10	10	0	0%
4	Locally produced sausages	10	10	0	15%
5	FSA National co-ordinated food sampling	30	29	7	24%
6	Agriculture samples	5	6	1	17%
7	Complaint/initiative/ follow up and non-retail FSI samples	16	30	13	43%
	Total Survey Samples	72	72	22	31%
	Total All Samples	88	102	35	34%

Details of samples taken, rationale for sampling, results of analysis and action taken

1. Fish products containing named fish species, for authenticity

Rational for sampling activity

To check whether fish sold locally was correctly described.

Report and Outcome

Two products with minor labelling infringements; one product described as containing 'salmon' which should be described as 'pacific salmon' or 'pink salmon'. Details referred to relevant Trading Standards Home Authority (HA) or Primary Authority (PA).

2. Takeaway curries for presence/level of artificial colours recently restricted by amendments to additive legislation

Rational for sampling activity

The European Food Safety Authority recently re-evaluated the safety of the colours Quinoline Yellow, Sunset Yellow and Ponceau 4R and recommended lowering the Acceptable Daily Intake (ADI). The conditions of use and level of use of these colours have therefore been amended to ensure that the ADI is not exceeded. Follow up samples were taken as a result of a previous sampling survey that found that these artificial colours were still widely in use.

Report

11 out of 12 samples taken were found to contain either colours now prohibited under amended legislation or permitted colours in excess of the new limits.

Outcome

Follow up visits to premises to advise. Details taken of colouring products being used - most of these appear to be mixtures of salt and food colours. These can legally be sold for colouring other products but not curry sauces. The intention is to refer this as a labelling issue to manufacturers' HA/PA once all visits have been completed.

3. Locally produced sausages

Rational for sampling activity

Locally produced sausages for meat content, colours, sulphur dioxide and salt content

Report

All samples reported as meeting declared meat content but 5 out of the 10 samples had salt levels above the 2012 Responsibility Deal target. Government have set targets to reduce salt in-take because of potential harmful impact on health.

Outcome

Traders advised of results and advice available on how to change recipes to reduce salt content.

4. Agriculture samples

Rational for sampling activity

Samples taken for a variety of reasons during routine visits. For example the sampling of animal feed to check for the levels of heavy metals which can be harmful to animals and to humans through the consumption of food producing animals.

Report and Outcome

1 sample of feeding stuff taken as a result of a complaint: excess levels of ash and deficient levels of fibre detected. Information referred to relevant Trading Standards Home Authority or Primary Authority.

5. FSA National co-ordinated feed sampling

Rational for sampling activity

Economies of scale can be achieved by nationally and regionally co-ordinated programmes targeting animal feeding stuffs.

Report and Outcome

Various samples taken to test for, for example, salmonella, heavy metals, aflatoxins, pesticides and undeclared GM in single ingredient feeding and contamination with dioxins in feed additives and co-products. All samples taken in line with FSA priorities which are arrived at by issues reported via RASSF (a Europe wide feed alert system for food and feed) as well as UK identified issues. Taken as part of a national FSA food sampling programme as a result of issues being discovered in the past. No problems detected from results received to date.

6. FSA National co-ordinated food sampling

Rational for sampling activity

Economies of scale can be achieved by nationally and regionally co-ordinated programmes targeting food products. Product types or food sectors are targeted as a result of intelligence or problems identified in the past.

Report

2 pre-packed products making allergen free claims - no allergens detected but minor labelling infringements under Food Labelling Regs.

Chocolate bar with labelling infringements, including non-permitted claims, under the Nutrition and Health Claims Regulations; four takeaway meals containing non-permitted colours. 2 pre-packed products making allergen free claims - no allergens detected but minor labelling infringements under Food Labelling Regs

Outcome

Labelling issues referred to HA. Business advice provided to takeaways, plus mailshot on colours in foods sent out as part of a wider project being carried out by DCC Trading Standards. HA/PA referral

7. Complaint and non-programmed samples

Rational for sampling activity

During their routine work, officers will take food samples for a variety of reasons. For example to confirm the accuracy of a process or other concerns they may have about compliance with labelling or compositional requirements.

Report

- Lamb Rogan Josh meal containing turkey meat instead of lamb.
- Complaint sample of 'vegetarian' spring rolls found to contain chicken. (A control sample submitted at the same time did not contain any meat, but contained vegetables not listed in the ingredients)
- Informal takeaway sample of Lamb Tikka Masala containing beef but no lamb.

- Organic seaweed making claims in breach of the Nutrition & Health Claims Regs.
- Counterfeit vodka seized from an illicit manufacturing unit in Heanor Bread product with labelling issues under Food Labelling Regs

Outcome

- A follow up formal sample of the lamb rogan josh meal was reported as satisfactory, so no action is intended by DCC. However the results of the informal sample have been referred to Leicester City Trading Standards who are currently investigating the supplier of the meat in connection with offences outside of Derbyshire.
- Spring rolls complaint referred to HA/PA.
- Lamb tikka masala - follow up formal sample taken but found to be satisfactory - no further action.
- Organic seaweed is produced by a Derbyshire manufacturer - currently being advised on compliance.
- Vodka samples - press release issued - visits made to local retailers but no product found on sale. Article published in an interim Operation Opson report (Targeting Counterfeit and Substandard foodstuffs)

Appendix 2 – Meat, fat, salt and calorific content of lasagne meals in Derbyshire

Type of food business	Location	Commercial (C) or 'Homemade' (H)	Total weight (g)	Apparent Meat Content (by calculation)	Energy Value (kcal per serving)	% of GDA	Per 100g	Fat content (g per serving)	% of GDA	Per 100g	Saturated fat content (g per serving)	% of GDA	Per 100g	Salt content (g per serving)	% of GDA	Per 100g	HOD member (Y/N)
Pub/Restaurant	Matlock	C	331.8	45%	554	28%	167	23.9	34%	7.2	12.1	61%	3.6	2.69	45%	0.81	N
Pub/Restaurant	Derbyshire Dales	C	339	17%	431	22%	127	20	29%	5.9	10.5	53%	3.1	2.27	38%	0.67	N
Italian Restaurant	Buxton	H	244.2	53%	430	22%	176	22.2	32%	9.1	11.6	58%	4.8	2.22	37%	0.91	Y
Tea Room	Buxton	H	432.1	62%	817	41%	189	42.3	60%	9.8	20.3	102%	4.7	2.07	35%	0.48	N
Café	Derbyshire Dales	H	341.1	52%	668	33%	196	30.7	44%	9	12.8	64%	3.8	1.91	32%	0.56	N
Pub/Restaurant	Amber Valley	H	382.2	51%	917	46%	240	50.8	73%	13.3	29	145%	7.6	3.02	50%	0.79	N
Café	Buxton	H	363.9	64%	990	50%	272	66.6	95%	18.3	29.1	146%	8	4.08	68%	1.12	N
Café	Chesterfield	H	237.4	73%	451	23%	190	13.4	19%	5.6	8.5	43%	3.6	1.69	28%	0.70	Y
Pub/Restaurant	High Peak	H	439.5	36%	659	33%	150	27.7	40%	6.3	13.4	67%	3	2.2	37%	0.50	Y
Pub/Restaurant	High Peak	H	351.1	49%	685	34%	195	45.6	65%	12.9	24.9	125%	7.09	6.53	109%	1.86	N
Average values for home-made products			349	55%	702	35%	201.0	37.4	54%	10.5	18.7	94%	5.3	3.0	50%	0.9	