

Agenda Item No. 3(c)

DERBYSHIRE COUNTY COUNCIL

MEETING OF CABINET MEMBER – HEALTH AND COMMUNITIES

23 August 2016

Report of the Strategic Director – Economy, Transport and Communities

**FOOD AND FEED PRODUCTS ENFORCEMENT ACTIVITY - FOURTH
QUARTER 2015-16**

(1) **Purpose of Report** To advise the Cabinet Member of activity undertaken by the Trading Standards Division to ensure compliance with food and feed product composition labelling and safety requirements.

(2) **Information and Analysis** The Trading Standards Division has a statutory duty to enforce food compositional and labelling requirements to ensure that food is safe and complies with the law. Similar legislation applies to fertiliser and feeding stuffs, and the County Council has additional responsibilities to ensure that animal feed is produced, supplied and stored in compliance with hygiene requirements, thus ensuring that the risk of the introduction and spread of disease is minimised. To monitor compliance, Trading Standards officers carry out a range of activities including visiting local businesses; taking samples for laboratory analysis; responding to complaints from members of the public and traders; acting on intelligence and responding to referrals from other agencies; and responding to requests for advice from local businesses. The majority of non-compliance is dealt with by way of advice and information, but if the breach is deemed serious, for example, there is a risk to public health or safety, then more formal enforcement action can be initiated.

The themes of the most recent food sampling projects are as follows:

- Arabica coffee beans.
- Latte coffees.

In addition, the Division also took a number of follow-up and *ad hoc* samples as a result of complaints and following advisory visits to local businesses. Full details are available in Appendix 1 to this report.

In total, 36 food or feed products have been submitted for analysis and of those, 7 (19%) 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.

A summary of each of the food projects and the results of analysis, where received, together with the action taken, is provided in Appendix 1 to this report.

Latte Coffee Survey

With the popularity of high street coffee houses, it was decided to survey latte coffee for fat, sugar and calorific value. Latte coffee originates from Italy and is made from espresso coffee, where coffee beans are infused with hot water, and steamed milk. Most of the fat and sugar content is derived from the milk whilst, no doubt, the distinctive flavour is determined by the type of coffee bean. As well as a 'Regular Latte', the consumer can choose between a variety of different sizes (eg medium and large) as well as flavours (eg with added syrup). A 'Skinny Latte' is generally taken to be espresso coffee combined with skimmed milk, ie with a reduced fat content.

Unlike certain other products, for example wines, beers and spirits, there are no controls on the size of such products and the survey reveals a wide range of quantities available on the high street. Each retailer tends to have their own sizing policy and typical descriptions include 'primo, medio and massimo' and 'regular and grande'. The vast majority of pre-packed food will shortly be required to include nutritional information with the intention that consumers can make informed choices about the food they purchase. This requirement does not extend to caterers, but the Food Standards Agency has encouraged all national caterers to provide nutritional information on a voluntary basis. Clearly, there is a close relationship between the size of a portion (eg cup of latte coffee) and the amount of calories that it contains.

In order to compare the size and nutritional content of latte coffee from a variety of local cafes throughout the County, six 'control' samples were purchased from a national chain and the energy values recorded. The samples taken included two 'regular' lattes, two 'medium' lattes, and two lattes, one medium and one regular with added syrup (caramel and ginger, respectively). Table 1 below shows the results of analysis of the six lattes bought from a national coffee shop chain and the following observations can be made:

- The average 'regular' latte from the high street café was 299ml, but there was quite a variance from 269 ml to 329ml.

- The average 'medium' latte was 397ml with a range from 385ml to 409ml.
- The skinny lattes had zero fat.
- The fat content of the regular latte suggested that it had been made with semi-skimmed milk, were as the medium latte appeared to be made with whole milk as it had a higher fat (and average fat) content. Consequently, the medium latte had a higher calorie count.
- Not surprisingly, the lattes with added syrup had the highest sugar and calorie content.

Table 1 Analysis of lattes sampled from a national high street coffee shop

| No. | Price (£) | Volume (ml) | Price per volume (£/100ml) | Weight (g) | Fat g/100g | Sugar g/100g | Total fat (g) | Total sugar (g) | Energy kcal from fat and sugar | milk as % of drink |
|-----|-------------|-------------|----------------------------|--------------|-------------|--------------|---------------|-----------------|--------------------------------|--------------------|
| 11 | 2.35 | 269 | 0.87 | 279 | 0.86 | 2.9 | 2.4 | 8 | 54 | 62 |
| 12 | 2.35 | 329 | 0.71 | 343.5 | 0.00 | 3.3 | 0.0 | 11 | 46 | 70 |
| | 2.35 | 299 | 0.79 | 311.2 | 0.43 | 3.10 | 1.21 | 9.71 | 49.8 | 66.0 |
| 13 | 2.55 | 409 | 0.62 | 426.2 | 2.55 | 3.6 | 10.8 | 15 | 159 | 77 |
| 14 | 2.55 | 385 | 0.66 | 402.1 | 0.01 | 3.5 | 0.0 | 14 | 57 | 74 |
| | 2.55 | 397 | 0.64 | 414 | 1 | 4 | 5 | 15 | 108 | 76 |
| 15 | 2.95 | 400 | 0.74 | 409.4 | 2.35 | 6.29 | 9.6 | 26 | 190 | 70 |
| 16 | 2.75 | 365 | 0.75 | 388.3 | 0.86 | 8.46 | 3.3 | 33 | 161 | 60 |
| | 2.85 | 383 | 0.75 | 399 | 2 | 7 | 6 | 29 | 175 | 65 |

Key

- 11: Regular latte
- 12: Regular Skinny latte
- 13: Medium latte
- 14: Medium Skinny latte
- 15: Medium latte with caramel syrup
- 16: Regular latte with gingerbread syrup

Ten 'regular' lattes were sampled from local cafes located in market towns throughout the County and the results of analysis are shown in Table 2 below. The following observations can be made:

- The average size of the regular lattes was 224ml which was 65ml smaller than the national chain regular lattes; and the sizes ranged from 154ml to 320ml.
- The average price was also lower at £1.70 compared to £2.35, and the range of price was 95p to £2.60per cup. Interestingly, the price per

100ml for the local regular lattes was identical to the average price per 100ml of the high street chain coffee shop at 79p per 100ml.

- The weight of the latte was generally determined by the total volume but also impacted by the proportion of fat.
- One sample had a fat content consistent with cream rather than milk and this sample has the highest calorie count.
- The average energy content was 64 calories, but this varied considerably from 32 calories to 164 calories (for similar volumes of drink).
- The total sugar content also varied considerable from 3g to 14g

Table 2 Analysis of 'regular' lattes bought from local cafes in Derbyshire

| No. | Price (£) | Volume (ml) | Price per volume (£/100ml) | Weight (g) | Fat g/100g | Sugar g/100g | Total fat (g) | Total sugar (g) | Energy kcal from fat and sugar | milk as % of drink |
|-----|-----------|-------------|----------------------------|------------|------------|--------------|---------------|-----------------|--------------------------------|--------------------|
| 1 | 2.10 | 163 | 1.29 | 165 | 9.57 | 3.3 | 15.8 | 5 | 164 | 70 |
| 2 | 1.70 | 216 | 0.79 | 220 | 1.04 | 3.7 | 2.3 | 8 | 53 | 79 |
| 3 | 1.40 | 265 | 0.53 | 281 | 0.04 | 5.1 | 0.1 | 14 | 58 | 109 |
| 4 | 0.95 | 154 | 0.62 | 158 | 2.35 | 3.69 | 3.7 | 6 | 57 | 60 |
| 5 | 2.00 | 277 | 0.72 | 289 | 0.62 | 3.2 | 1.8 | 9 | 53 | 68 |
| 6 | 2.20 | 195 | 1.13 | 199 | 1.34 | 3.6 | 2.7 | 7 | 53 | 77 |
| 7 | 1.10 | 320 | 0.34 | 331 | 1.03 | 3.3 | 3.4 | 11 | 74 | 70 |
| 8 | 1.70 | 179 | 0.95 | 186 | 0.79 | 2.5 | 1.5 | 5 | 32 | 53 |
| 9 | 1.20 | 181 | 0.66 | 186 | 0.39 | 1.5 | 0.7 | 3 | 18 | 32 |
| 10 | 2.60 | 293 | 0.89 | 304 | 1.17 | 3.7 | 3.6 | 11 | 77 | 79 |
| | 1.70 | 224.3 | 0.79 | 232.0 | 1.83 | 3.36 | 3.55 | 7.93 | 63.9 | 69.6 |

Conclusions

In terms of value for money, there is little to choose between the high street coffee house and local cafes, although there is a wide range of price and size of portion. There are many variables in terms of type of milk, skimmed, semi-skimmed and whole milk and/or cream, and the proportion of milk in the final product. The calorific value of the drink will be determined by the size of portion, the type and quantity of milk; the amount of added sugar and whether or not there is any added sweeteners such as syrup.

Local residents wishing to minimise the calorie intake should be able to make an informed choice by studying the menu at high street coffee house chains. Those that prefer local cafes, in the absence of the availability of nutritional information, can choose to reduce their calorie in-take by requesting skimmed milk and, where possible, asking for the smallest portion and not add any additional sugar. The price of latte coffee at local cafés also tended to be lower, but then so was the average portion size. This, however, does not take into account the 'loyalty' policy adopted by many high street coffee chains

which could be equivalent to a 10% discount. (Although, the chain coffee houses still work out more expensive!) Further analysis of the samples of latte coffee is provided in Appendix 2 to this report.

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

(4) **Key Decision** No.

(5) **Call-In** Is it required that call-in be waived in respect of the decisions proposed in the report? No.

(6) **Background Papers** Held on file within the Economy, Transport and Communities Department. Officer contact details – Robert Taylour, extension 39830.

(7) **OFFICER'S RECOMMENDATION** That the Cabinet Member notes the outcome of recent food and feed products sampling activity.

Mike Ashworth
Strategic Director – Economy, Transport and Communities

Appendix 1 – Food Sampling Results Fourth Quarter 2015-16

Table - 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 | Coffee beans to check for substitution | 10 | 10 | 2 | 20% |
| 2 | Nutritional/calorie content of latte coffee | 16 | 16 | 0 | |
| 3 | Complaint/initiative/ follow up and non-retail Food Safety Inspection samples | 16 | 10 | 5 | 50% |
| | Total Survey Samples | 26 | 26 | 2 | 8% |
| | Total All Samples | 42 | 36 | 7 | 19% |

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

1. Whole and ground Arabica coffee beans to check for substitution with Robusta beans and accuracy of origin declaration

Rationale for sampling activity

Arabica coffee beans attract a premium price but, particularly when ground, may be indistinguishable from cheaper Robusta beans to the average consumer. Similarly, 'premium' coffees will often be described as being of a specific geographic origin and will generally be charged at a higher price than blended coffees. This is a commodity which is therefore open to potential fraudulent substitution/misdescription.

Report and Outcome

All products were of satisfactory composition and accurately described, but two had minor labelling issues (durability indication not in the correct format). These were referred to the relevant Home or Primary Authority

2. Latte coffees from local coffee shops for nutrition/calorie content

Rationale for sampling activity

High street coffee shop chains generally now display nutritional information for the products they serve. Similar information is unlikely to be available in smaller local outlets. This survey was carried out as a consumer awareness

exercise to try and publicise the calorie content of this type of drink and enable consumers to make a more informed choice.

Report and Outcome

Six 'control' samples (2 x standard lattes; 2 x skinny lattes; and 2 x syrup flavoured lattes) were taken to demonstrate the reduction in calories by using skimmed milk and the high sugar content of coffee syrups. The ten samples taken from local outlets showed considerable variability in portion size, type of milk used and even the proportion of milk used. All samples were, however, reported as satisfactory.

3. 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 to address concerns about compliance with labelling or compositional requirements.

Report and Outcomes

Four products with labelling issues: alcoholic drinks from local manufacturers using names which were incorrect or not sufficiently precise to indicate the true nature of the product and/or durability date not in the correct format.

One sample of minced lamb supplied to a local bakery found to contain traces of chicken, beef and pork.

Drink manufacturers advised. The sample of lamb was supplied by a local business which has been advised to check their mincing process and clean down procedures to minimise the risk of cross contamination with other meats.

Appendix 2 – Latte coffee survey results

| No. | Name/Type | Town | Local/ National Chain | Price (£) | Volume (ml) | Price per volume (£/100ml) | Weight (g) | Fat g/100g | Sugar g/100g | Total fat (g) | Total sugar (g) | Energy kcal from fat and sugar | milk as % of drink |
|-----|-------------------------------|--------------|--------------------------|--------------|----------------|----------------------------------|---------------|---------------|-----------------|---------------------|-----------------------|---|-----------------------------|
| 1 | Latte | Buxton | Local | 2.10 | 163 | 1.29 | 165 | 9.57 | 3.3 | 15.8 | 5 | 164 | 70 |
| 2 | Latte | Bakewell | Local | 1.70 | 216 | 0.79 | 220 | 1.04 | 3.7 | 2.3 | 8 | 53 | 79 |
| 3 | Latte | Darley Dale | Local | 1.40 | 265 | 0.53 | 281 | 0.04 | 5.1 | 0.1 | 14 | 58 | 109 |
| 4 | Latte | Melbourne | Local | 0.95 | 154 | 0.62 | 158 | 2.35 | 3.69 | 3.7 | 6 | 57 | 60 |
| 5 | Latte | Willington | Local | 2.00 | 277 | 0.72 | 289 | 0.62 | 3.2 | 1.8 | 9 | 53 | 68 |
| 6 | Regular Latte | Darley Dale | Local | 2.20 | 195 | 1.13 | 199 | 1.34 | 3.6 | 2.7 | 7 | 53 | 77 |
| 7 | Latte | Chesterfield | Local | 1.10 | 320 | 0.34 | 331 | 1.03 | 3.3 | 3.4 | 11 | 74 | 70 |
| 8 | Latte | Chesterfield | Local | 1.70 | 179 | 0.95 | 186 | 0.79 | 2.5 | 1.5 | 5 | 32 | 53 |
| 9 | Latte | Chesterfield | Local | 1.20 | 181 | 0.66 | 186 | 0.39 | 1.5 | 0.7 | 3 | 18 | 32 |
| 10 | Latte | Chesterfield | Local | 2.60 | 293 | 0.89 | 304 | 1.17 | 3.7 | 3.6 | 11 | 77 | 79 |
| | Average | | | 1.70 | 224.3 | 0.79 | 232.0 | 1.83 | 3.36 | 3.55 | 7.9 | 63.9 | 69.6 |
| 11 | Regular Latte | Buxton | National Chain | 2.35 | 269 | 0.87 | 279 | 0.86 | 2.9 | 2.4 | 8 | 54 | 62 |
| 12 | Regular Skinny latte | Buxton | National Chain | 2.35 | 329 | 0.71 | 343.5 | 0.00 | 3.3 | 0.0 | 11 | 46 | 70 |
| | Average | | | 2.35 | 299 | 0.79 | 311.2 | 0.43 | 3.10 | 1.21 | 9.7 | 49.8 | 66.0 |
| 13 | Medium Latte | Buxton | National Chain | 2.55 | 409 | 0.62 | 426.2 | 2.55 | 3.6 | 10.8 | 15 | 159 | 77 |
| 14 | Medium Skinny | Buxton | National Chain | 2.55 | 385 | 0.66 | 402.1 | 0.01 | 3.5 | 0.0 | 14 | 57 | 74 |
| | Average | | | 2.55 | 397 | 0.64 | 414 | 1 | 4 | 5 | 15 | 108 | 76 |
| 15 | Medium Latte caramel syrup | Buxton | National Chain | 2.95 | 400 | 0.74 | 409.4 | 2.35 | 6.29 | 9.6 | 26 | 190 | 70 |
| 16 | Regular gingerbread syrup | Buxton | National Chain | 2.75 | 365 | 0.75 | 388.3 | 0.86 | 8.46 | 3.3 | 33 | 161 | 60 |
| | Average | | | 2.85 | 383 | 0.75 | 399 | 2 | 7 | 6 | 29 | 175 | 65 |