

Your guide to calorie labelling

Your free infographic courtesy of Lockhart Catering Equipment, summarising what your business needs to do to adhere to the new legislation in force from **April 6th 2022** for large businesses.

Mandatory for large businesses such as:

- o Supermarkets
- o Contract Catering
- o Travel



Recommended for small businesses such as:

- o Restaurants
- o Pubs
- o Cafes/Delis



Remember!

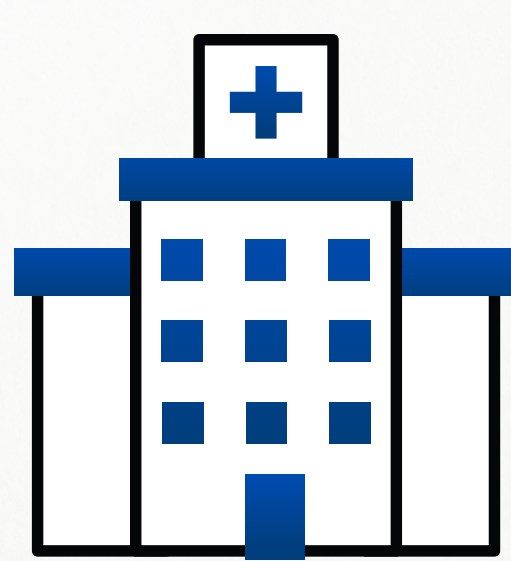
This doesn't just apply to the high street, any food sold online & delivered must also show calorie labelling!

Think big!

Where an event or industry is catered by a large business with more than 250 employees, calorie labelling must be shown.

Think about:

- Care homes & Hospitals
- Military & Education
- Workplace catering



There are a few notable exemptions to the above such as charitable donations & temporary menus...search gov.uk for the full list.

Don't forget to display the statement of daily calorie needs eg 'adults need around 2000kcal a day'

Calculate the correct calories!

Use the UK-accepted "McCance and Widdowson's Composition of Foods dataset" to calculate your calorie content!



Presentation is key!

Calorie content should be displayed where food is chosen or displayed. If any food is prepacked, calories can be displayed on the packaging or with a label.



Portion size matters!

When displaying the energy content of a single portion of the food, businesses must make it clear how many calories are in the portion size

Be aware of new penalties...

You may be charged with a fixed penalty notice of £2500 if you do not display any calories.