

THE NUTRITIONAL FOOTPRINT: DISCUSSING SEVERAL HEALTH INDICATORS AND THE PRACTICAL USABILITY IN OUT-OF-HOME-CATERING

Topic 5: Food quality, food safety, sustainability, consumer behaviour and policy

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INTRODUCTION

The out-of-home-catering market is defined as an important field of action in the context of social transformation towards sustainability. The sector is responsible for a number of environmental and health effects in production, processing, consumption and disposal of food (v. Koerber 2014). Considering these effects, the Wuppertal Institute

developed an instrument called “**Nutritional Footprint**” (Lukas et al. 2015), which allows companies engaging in the out-of-home-catering market to monitor the sustainability of their product offering. It also serves customers to choose more sustainable and healthy dishes by providing a kind of label.

OBJECTIVES

- Evaluation of the significance of the core health indicators used in the instrument with regard to their health value.
- Discussion of the usability of the instrument for companies and customers in the out-of-home-catering market.

METHODS / DESIGN

The methods that were used are:

- A Literature analysis
- Expert interviews (n=6), used as research method for a qualitative analysis of the topic.

RESULTS

RESULT:

practical application

- The practical application of the instrument in the out-of-home catering has to be evaluated crucially
- It can help companies to offer a more sustainable product range, if they are able to adjust their recipes.
- The complex labeling may hinder consumers to take the Nutritional Footprint into account when engaging in a purchase decision.

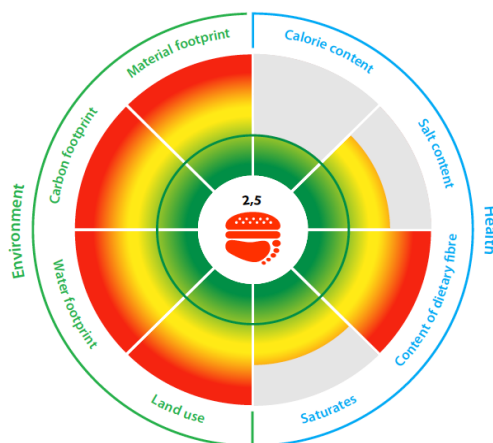


Figure: The Nutritional Footprint for a beef roll menu
Source: Lukas et al. 2015

RESULT:

number and choice of indicators

- Four indicators on nutrient level are not enough to evaluate a menu sufficient.
- Micro-Indicators such as e.g. vitamins and phytochemicals are not included.

CONCLUSIONS

Proposals to modify the ranking level and to redesign the health core indicators of the Nutritional Footprint is considered in the project “development,

testing and the distribution of concepts for sustainable production and consumption in the the field of out-of-home catering (NAHGAST)”

SOURCES

Lukas, M.; Rohn, H.; Lettenmeier, M.; Liedtke, C.; Wiesen, K. (2015): The nutritional footprint – integrated methodology using environmental and health indicators to indicate potential for absolute reduction of natural resource use in the field of food and nutrition. *Journal Cleaner Production*. <http://dx.doi.org/10.1016/j.jclepro.2015.02.070>

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v. Koerber, K. (2014): Fünf Dimensionen der Nachhaltigen Ernährung und weiterentwickelte Grundsätze – Ein Update. *Ernährung im Fokus* (9-10): 260-266.