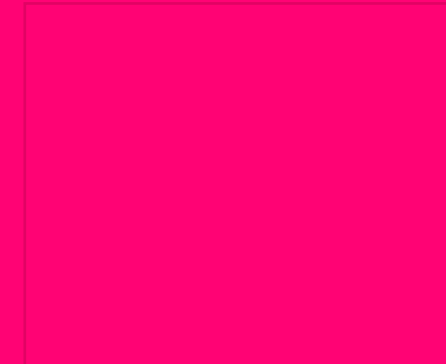


Reducing Salt in the British Diet

The Contract Caterer's perspective

Analysing the food journey from POT to PALATE



Raffaella Piovesan
Company Dietitian









Pressures

Commercial

- Customers
- Spending autonomy
- Spending behaviour - drivers
- Respond to demands
- Competition
- Social responsibility

Legislation

Professional ethics

Duty of Care as Dietitians in Industry



Our Actions – from POT to PALATE

- **Chef training**
- **Healthy eating policy**
- **Menu planning**
- **Ingredients**
- **Cooking methods**
- **Pre-service garnish**
- **Service**
- **Check-out**
- **Seasonings counter**
- **Educational messages**

Part of the PUZZLE



IN CONCLUSION ...

We are playing an active role :

- **Embrace the challenges**
- **Meet guidelines**
- **Respond to demands**
- **Facilitate (innovate)**
- **Actively educate**
- **Ensure informed choices**

BUT.....

- **Our customers decide**
- **Transition from control to education**

