



Global Foodservice Trends + Implications for Irish Sector

**NUTRITIONAL
LABELLING**



FOOD WASTE



FOOD WASTE

WHAT'S ON YOUR PLATE?

Do you know your stuff when it comes to choosing the healthy option?

Which of the following Insomnia lunch options has the fewest calories?

- ☐ Prawn & Sweet Chilli Sandwich on Brown Bread
- ☐ Salmon & Spinach Quiche
- ☐ Smoked Salmon & Cream Cheese Bagel
- ☐ Ham, Cheese & Branston Pickle Toastie

Can you identify the following nutritional labels?

1. Lactose Free 2. Suitable for Vegans 3. Gluten Free 4. Low Fat



Which of the following meals on offer in the Bay Restaurant in Clontarf has the most calories?

- ☐ Halloumi Cheese & Vegetable Skewers
- ☐ Chicken Caesar Salad
- ☐ Veggie Omelette
- ☐ 100% Beef Burger



Unilever
Food
Solutions

State of the Nation : An expanding Waistline



- Ireland has the second worst obesity rate in Europe
- 23% of Irish adults are considered to be obese
- Cost of obesity and obesity-related diseases is €4 billion

What is causing the problem?



In the home environment:

- Economic constraints
- Lack of regular mealtimes
- Poor cooking skills
- Child power
- Longer working hours
- Confusion over what is good and bad for you

What is causing the problem?



Out of home:

- Portion sizes
- Eating on the go, dashboard dining
- Working hours
- Wide range of choice
- Lack of information about ingredients

Consumers want to be healthier



- 9 out of 10 people would like to know more about what is in their meals when eating out
- 87% would make healthier decisions when choosing what to eat if they were provided with nutritional information

What Consumers Want



- Two-thirds say that food labels including low fat, low salt and calorie content would be a welcome addition to the menu when eating out
- The top 3 things people wanted to know when eating out are:
 1. The source of the food
 2. How it was prepared
 3. The nutritional value of the food

They want our industry to take the lead



- The majority of consumers believe that it is chefs and operators who should take the lead in ensuring more transparency about ingredients
- Do we agree?

What does this all mean for operators?



- Growing spotlight on health + wellness and role of chefs and operators
- Need to move with the times
- Opportunity to adapt menus and menu planning
- Training of chefs and frontline staff
- Effective Communication

What does this all mean for Suppliers?

- Opportunity to put nutritional information on your packaging?
- Product Innovation Opportunities
- Effective Communication





We're doing our bit...



FOOD WASTE



Reducing Food Waste is a Global Concern
84% of people worldwide are concerned
by the amount of food wasted in out of
home dining establishments



83% of Irish
consumers are
concerned by the
amount of food
thrown away
every day

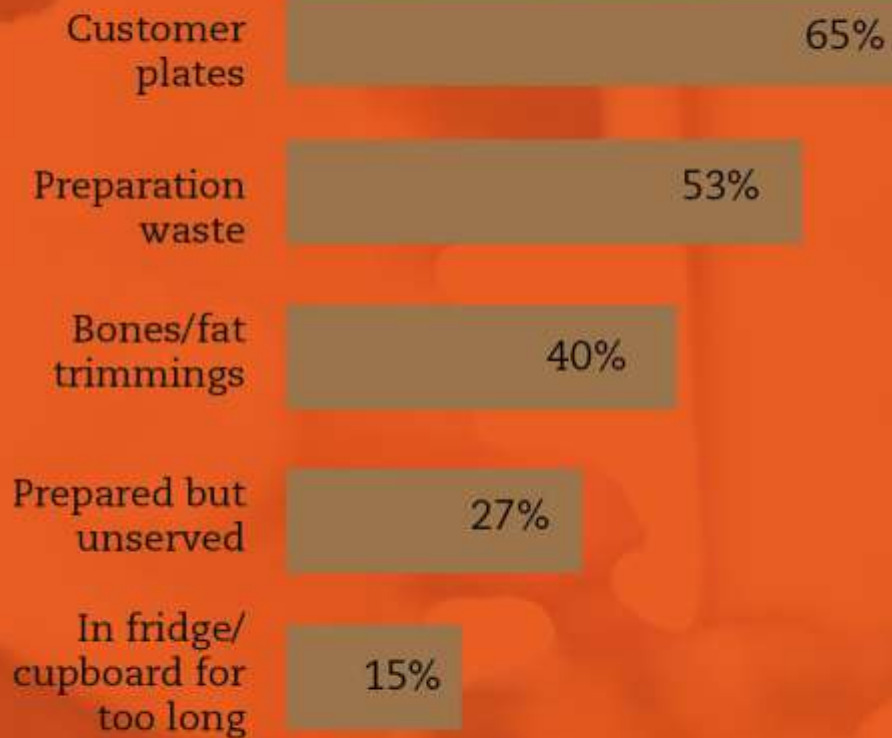
A young girl with long brown hair is shown in profile, eating spaghetti from a white plate. She is wearing a white long-sleeved shirt with a blue and pink patterned apron. In the background, a man in a white and blue striped polo shirt is seated at the same table, also eating. The scene is set in a restaurant with a warm, blurred background. A large, semi-transparent orange circle is overlaid on the image, containing white text.

Irish
restaurants
Face a
€125million
food bill

WHERE IS THE MOST
FOOD WASTE IN A
RESTAURANT PRODUCED?

- a. Preparation
- b. Customer plates
- c. Bones/fat trimmings
- d. Prepared but not served
- e. Left in fridge/cupboard too long





Source: Unilever Food Solutions and the Restaurant Association of Ireland Chef and Operator Research Report, September 2011



The top 5 reasons why Irish people leave food behind on their plate:

Portion was too big 34%

Unsatisfied by the food 27%

I ordered a meal deal but didn't want all the courses on offer 14%

I wasn't hungry 12%

I ordered too much 10%

A stack of four white plates is shown. The top plate is overflowing with a large portion of food, likely a seafood salad or a similar dish, which is piled high and spills slightly over the edges. The plates below are empty, and a silver fork is visible on the second plate from the top. The background is a light, neutral color.

**Portion control
is a BIG problem**

48% of Irish
diners admit
they regularly
over order
and leave
food behind



WHAT CAN OPERATORS DO TO HELP?

- Take Action + Audit
- Introduce new measures
- Educate your Staff
- Communicate
- Review Regularly

WHAT CAN SUPPLIERS DO TO HELP?

- Adapt packaging (less packaging = less waste, recyclable containers)
- Flexible deliveries
- Offer smaller portion sizes
- Product Innovation
- Effective Communication





Wise up on Waste toolkit

www.unileverfoodsolutions.ie

TOGETHER
WE CAN BE



A photograph of a group of people dining in a restaurant. In the foreground, a large, semi-transparent orange circle is centered over the image. Inside this circle, the text "Global Food Trends Summary" is written in white, bold, sans-serif font. The background shows several people seated at tables, engaged in conversation and eating. A man in a pink shirt is seen from the back, looking towards a woman with dark hair who is smiling. Other people are visible in the background, some blurred, creating a sense of a busy, social environment. The restaurant has wooden paneling and large windows in the background.

Global Food Trends Summary