OPINION

The big issues

The recent news that the government is to delay restrictions (for a year) banning multibuy deals on HFSS products including buy one get one free, three for two, and restrictions on free refills for soft drinks, is not only a devastating blow to public health but also to those food and drink manufacturers who have invested considerable amounts of money and time into driving nutritional improvements.

By delaying the originally ambitious and evidence-based plans to improve the nation's health, the government is allowing the obesity crisis to worsen. Despite Boris Johnson's reluctance to introduce this previously approved legislation, it's absolutely imperative that during the next 12 months (and beyond), all food and drink manufacturers, including those of baked goods, do the right thing and step up innovation efforts by reducing not only the



Katharine Jenner Director. Action on Sugar

sugar in their products but also salt and fat.

Fat is a bigger contributor to calories in the diet than sugar and therefore essential that manufacturers are encouraged to reduce both in order to tackle the UK's unhealthy eating habits and the excessive calorie intake. Salt is another ingredient that is bad for our health. Overwhelming evidence supports the correlation between salt and blood pressure, which puts people at serious risk for heart disease and strokes - the leading causes of death and ill health in the world. With 75% of salt intakes coming from salt added by the food industry, the onus must be on the food sector to set the stage for healthier products and brands rather than swamping the public with unhealthy options.

Without doubt, most of the food industry is not motivated to reduce sugar, which means more robust measures are needed to help fix the voluntary sugar reduction programme. The excess of sugar being imported and produced in the UK, and sold at low cost. is undoubtedly contributing to this lack of progress. Measures such as the Soft Drinks Industry Levy, which has seen a 35% reduction in sugar within just four years, demonstrates the power of government to help reduce population sugar intakes and lower risk of associated health implications. This is where the government needs to step in with new mandatory regulation that creates a level playing field and financially disincentivises companies from producing and marketing sugary products.

In the meantime, the sector still has a golden opportunity to proactively put healthier foods in the spotlight - where they truly belong.

Action on Sugar is working to reach a consensus with the food industry and government over the harmful effects of a diet high in sugar

Unlock value correctly

Paper is a global commodity that is traded on weight, and like many global indices currently, paper prices are rising. However, you can self-audit your paper to ensure you get the best value by following these 4 steps:

1. Reuse your baking paper. Some papers can be reused

several times over. Most paper specifications will give usage guidelines of 220 degrees for 30 minutes but this is completely dependent on how much product covers the sheet or on the type of product being baked. For example, mixes with a high sugar content will adhere to the surface of the paper and require a higher specification.

Bakers should therefore challenge their supplier to suggest a solution that best suits their bakery processes. From a 'single use' economic paper to a high-performance grade that can be reused many times, there could be a more cost-effective solution.



Richard Smith Business owner. Food Paper

If you do reuse your paper, can you improve this by extending further? If your current paper gives you six bakes but a premium paper would give you 12 and costs 20% more, surely this represents a good deal?

2. Question the supply chain. Where is your paper is coming from? How many lavers of businesses are involved? Save money by buying direct.

3. Buy the specification and weight that best suits your process. Ask your supplier to suggest alternatives that work for you. What do those numbers and letters mean - 39gsm SGP/ GP/VP/SVP/34GR... do you know? Unlocking this code and ensuring you have the correct specification for your process, together with reducing the weight of the paper used, could

offset your last price increase. Checking the weight of paper used and asking the supplier if a lighter alternative exists like moving from 39 to 35gsm - could represent a 10.2% material saving.

4. Recycle at the end of life.

It is also surprising how many businesses believe they must send baking paper to landfill. Many claim that the silicone coating prevents recycling, but the truth is that the amount of silicone by mass and density does not contaminate pulped fibres. Some food deposits may present a problem. However, there are alternatives, such as compostable routes for baking papers. What costs could be saved by avoiding landfill?

Start looking at your baking paper differently; don't see it as just a disposable item that you seem to pay more for every time you order - look upon it as a piece of technology that facilitates untapped value to your business.

Golden opportunity to spotlight health

by using baking paper

Food Paper is a business focused on delivering value via performance papers destined for direct food contact

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