

# Healthy Food and Beverage Policy

**Prepared by:** **PASSERINVEST GROUP a.s.**

**For:** **Internal use a external partners**

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Unhealthy diet and lack of physical activity are direct risks to human health and quality of life. Our goal at Brumlovka is to offer regular occupants a sufficient selection of proven, quality options for healthy eating and sports and relaxation. As proven by numerous research studies, dietary composition can influence our health and strengthen immunity, as well as prevent a number of civilisation diseases.

Within the Brumlovka locality, we support the availability of healthy eating options and healthy lifestyle education through the criteria below:

- a) We require a minimum of one fully vegetarian restaurant present on the premises, offering a daily variation of the food selections listed below:
  - a. dishes, appetizers and starters or sides (minimum 3 options) within the daily menu from fresh and cooked vegetables (in the case of cooking, all forms of preparation are allowed except frying – deep fried appetizer/starter/side option is limited to one choice/day; dishes can be prepared from fresh, frozen or canned produce),
  - b. daily availability of a variation of fresh, unprepared vegetables as a starter option, side dish, or to create an alternative version salad,
  - c. daily availability of eggs and egg dishes, appetizers and starters or sides,
  - d. daily availability of meals and appetizers and starters or sides prepared from legumes (beans, lentils, peas, etc.) and other protein foods from plants (tofu, tempeh, etc.),
  - e. daily availability of dishes and appetizers and starters or sides containing nuts and other plant seeds,
  - f. daily availability of dishes, starters or sides (minimum 3 options) within the daily menu containing fruit (may be offered fresh, dried, canned or unfrozen) or a complementary range of fruit and other products prepared from fruit,
  - g. in the case of bakery products, offering at least one wholemeal option,

Meals will be prepared in the restaurant with the aim of using the most gentle methods of food preparation to preserve the important substances and nutritional value of the ingredients. We require the elimination of partially hydrogenated oils and products containing these oils in food preparation.

We strive to limit the salt content in food, which causes high blood pressure and increases the risk of heart attack and other vascular diseases. We require the availability of a daily assortment of fresh vegetables, as per b) above, as a guaranteed starter or side dish option, eliminating salt content to an absolute minimum overall. For other meals, aim to limit the salt content of starters to  $\leq 1500\text{mg}$  ( $\leq 600\text{mg}$  sodium) per serving, side dishes to  $\leq 575\text{mg}$  salt ( $\leq 230\text{mg}$  sodium) per serving, and main meals to  $\leq 2000\text{mg}$  salt ( $\leq 800\text{mg}$  sodium).

We require a reduction in the added sugar content of desserts and beverages offered. Excessive sugar consumption causes a wide range of health problems, from obesity, through dental decay, to serious diseases such as type 2 diabetes, cardiovascular



disease and certain types of cancer. Excess sugar can also disrupt the balance of the gut microbiota and increase the risk of inflammatory processes in the body. At least one in every four desserts served should contain  $\leq 200$  kcal per serving. The service must provide free availability of drinking water, a range of beverages made from 100% fruit and vegetable juices. When milk or fortified non-dairy beverages are available, low-fat versions with no added sugars are to be offered. If other beverages (other than water and 100% fruit and vegetable juices) are sold, at least 50% of the available selection should contain  $\leq 40$  kcal per 250 ml of beverage.

Nutritional information of standard menu items must be available on the premises.

- b) We require the location of staffed retail unit/units (stores) with a wide range of healthy food products, organic food, food for gluten-free and lactose-free diets (all of the aforementioned food types must carry proper labeling according to recognized certification), locally sourced food, natural cosmetics, organic cleaning and laundry products, and other products.

We require support and promotion of healthy eating through the practices listed below:

1. the use of point-of-choice nutrition labelling of ingredients for quick buyer orientation
2. package design/designs that highlights healthy foods and beverage options
3. Prioritizing healthy food and beverage options through display or in-store layout, etc.

„Fresh food“ assortment items will be available daily as part of the unit/units.

- „Fresh food“ for the purposes of this policy means a wide variety of fresh vegetables and fruit, including nationally sourced and/or organic quality options.
- "daily available" for the purposes of this policy is defined as a minimum of 5 times a week with opening hours between 8:00AM and 04:30PM.

- c) We require the possibility to purchase educational literature on healthy lifestyle,
- d) We require canteens on the premises to ensure the availability of at least one meat-free meal per day and the possibility of unlimited water consumption with the ordered meal.
- e) We will not permit the installation or operation of vending machines in all common and shared areas that provide the sale of any food or beverage, or operate a self-service area ("snack bar") with an assortment of high-calorie foods, foods containing trans fatty acids, high sugar and/or salt content, and sweetened, energy and other high-calorie beverages.

We shall strive to ensure the operation of the catering facilities affected by this policy in accordance with the Green Purchasing Policy of PASSERINVEST GROUP, a.s. We prefer to use reusable serving equipment (ceramic dishes, steel/stainless steel utensils, glasses, etc.) in the daily operation of catering facilities. Where the use of 'disposable' packaging is necessary, seek to implement a reusable returnable packaging programme (e.g. REkrabička program). For options where returnable packaging cannot be used, we require the use of recyclable, biodegradable or compostable options for disposable serving items



(containers, plates, utensils, etc.). Option of reusable service items must be promoted on premises. In line with the provisions of the Green Procurement Policy and Methodological guidance on the proper waste management and hazardous waste management, we shall strive to implement, use and promote a system of waste reduction, composting when possible and consistent waste separation and recycling.

On the basis of legislative requirements, i.e. Act No. 258/2000 Coll. on the Protection of Public Health and on Amendments to Certain Related Acts, as amended, and Regulation No. 852/2004 of the European Parliament and of the Council on Food Hygiene, we require the implementation of a Hazard Analysis and Critical Control Points System (also known as „HACCP“) in the food service establishments:

- conducting a hazard analysis
- identification of critical points
- determining the characteristics and values of the critical limits for each critical point
- defining a system for monitoring the managed condition at critical points
- establishing control measures for each critical point
- establishing verification procedures to confirm that the system is operating effectively
- establishing records and documentation

Based on the knowledge of the operational process, a hazard analysis (e.g. improper holding temperatures, inadequate cooking food products, cross-contamination equipment, unsafe food sources, poor staff hygiene, etc.) and an assessment of the level of risk of the hazard manifesting itself will be performed. On the basis of this assessment, critical points must be established and the characteristics and values of the critical limits must be determined. The HACCP system developed must clearly specify the system for monitoring the values set and how they are to be recorded, as well as corrective measures if it is found that the values have not been complied with. The provisions of the Critical Points System concerning extermination-disinfestation-disinfection must be in accordance with the Methodological Guideline for the Implementation of Integrated Pest Management of PASSERINVEST GROUP, a.s.

