

Health & Nutrition METRO

VISION

Every day we empower our customers to make healthier choices for their businesses and families by offering a growing range of reformulated, ultra-fresh and organic oriented products, providing clear and easily accessible information about nutrients and ingredients, and by leveraging digital solutions.

STRATEGY

METRO designed its Health & Nutrition Strategy focusing on the following drivers:

- » Increase of healthier food choices worldwide in the METRO assortment with focus on products reformulation mainly in own brand (mainstream and premium), expansion of the ultra-fresh assortment (namely fruits and vegetables) and extending the organic range
 - Increasing the offer of reformulated products, especially focusing on the reduction of sugar (sweets, beverages), salt (snacks, bakery products) and trans fats.
 - Offering more products “free from” additives like monosodium glutamate (spices) or “free from” food azo colors (sweets) and others.
 - METRO is constantly expanding its ultra-fresh assortment, namely fruits and vegetables, with new, organic and/or local produce with a view to market-specific requirements.
 - Extending the organic/bio range of products and in own brand (OB) products, focusing on mainstream. Organic assortment will be defined according to customer and market relevance. Common sourcing is also actively developing selected organic products based on country requests. The current OB portfolio already encompasses in the mainstream quality tier for METRO Chef, Fine Life and Rioba bio products with specific packaging design.
- » Improving external and internal communication on Health and Nutrition
 - Introduce and promote more information in store, on label or country website to guide and educate our customers on healthier food options
 - Revise the possibility to introduce an exclusive METRO icon on the product label to highlight products which have been reformulated and present a better nutritional profile compared to the previous one.
 - Develop internal guidelines to support countries in fulfilling the globally approved strategy, while adapting to the local situation.
- » Support customers with more information and digital solutions on Health and Nutrition
 - To lever conscious nutrition in the gastronomy and food service sector using modern technologies and innovation is key. METRO will explore relevant digital solutions and content in order to support particularly hotels, restaurants and caterers (HoReCa) e.g. to create healthier meals or the labelling of allergens on their menu.

The Health & Nutrition Strategy has a concrete impact on specific goals for product reformulation. Reformulation is related to reduction (“Less of”) or complete elimination (“Free from”) of substances that have been shown to have a negative effect on human health and wellbeing or for which there are serious indications.

GOALS

Work stream	What	How	Where	When	Who	Impact
Less of	SUGAR	Reduction of min. 5% sugar content in at least 30 Common Sourced products and 500 local products globally, in the prioritized categories	Sweets & Confectionery Beverages Frozen desserts	By December 2021	Common Sourcing & Countries	A total of more than 1000 Own Brand products reformulated globally with less sugar and salt.
	SALT	Reduction of min. 5% salt content in at least 30 Common Sourced products and 500 local products globally, in the prioritized categories	Snack Products Bread & Bakery Processed Meat Canned Products	By December 2021	Common Sourcing & Countries	Potential impact on 24m direct METRO customers and 1bn of end-consumers.
Free from	TRANS FAT ¹	Not above 2g of trans fat per 100g of fat, other than trans-fat naturally occurring	All relevant products	By April 2021	Common Sourcing & EU Countries	Increase number of Own Brand products without trans-fat (other than trans-fat naturally occurring in fat of animal origin)
	FLAVOR ENHANCER ² Monosodium Glutamate E621	Avoid monosodium glutamate (MSG) on selected OB products	Spices Mix Soups and stocks	By December 2021	Common Sourcing & Countries	Increase number of Own Brand products without MSG
	AZO FOOD COLOURS ³ Tartrazine E102 Quinoline yellow E104 Sunset yellow E110 Carmoisine E122 Ponceau 4R E124 Allura red E129	Replace here mentioned food azo colours in OB common sourced products and preferably in all OB products and especially OB mainstream products	All relevant products	By December 2021	Common Sourcing & Countries	Increase number of products without mentioned azo colours preferably in all Own Brand products
	PRESERVATIVES Potassium Nitrite E249 Sodium Nitrite ⁴ E250 Sodium Nitrate E251 Potassium nitrate E252	Find opportunities to lower the content or avoid this additives in OB mainstream products	Processed Meat All relevant products	By December 2021	Common Sourcing & Countries	Increase number of Own Brand products without or with lower quantities of this additives
	OTHER ADDITIVES Preservatives, Nanoparticles, Caramel, Modified starch, others	Reducing number of additives following the Benchmark testing results and making efforts toward the “Clean Label” products whenever and as much as possible	All relevant OB products	By December 2021	Common Sourcing & Countries	Overall reduction of additives in our Own Brand products

Reason to focus on above substances:

¹ The content of trans fat, other than trans-fat naturally occurring in fat of animal origin, in food intended for the final consumer and food intended for supply to retail, shall not exceed 2 grams per 100 grams of fat, following EU Regulation. Following EU Commission report coronary heart disease is the leading cause of death in the Union and a high intake of Trans fats seriously increases the risk of heart disease.

² EFSA’s experts considered other dietary sources of glutamate besides food additives (including natural presence) and found that exposure estimates largely exceed in several population groups the proposed ADI and levels associated with some adverse effects in humans.

³ Exposure to here mentioned food Azo Colours may result in increased hyperactivity in children.

⁴ Nitrosamines should be minimized by appropriate technological practices such as lowering the levels of nitrate and nitrite added to the minimum required to achieve the necessary preservative effect and to ensure microbiological safety.

IMPLEMENTATION

The Health & Nutrition Strategy will be communicated to all METRO country Boards and head office stakeholders. A plan will be defined, along with proper customer and product activation tools. In the meantime the scouting of complementing digital tools to support professional HoReCa customers in building healthier menus will be initiated.

REPORTING

- METRO will provide further details on the process, partnerships and projects in its "Health & Nutrition Action Plan"
- METRO will make this document publicly available and will inform on the progress made through its Corporate Responsibility Report.
- The progress against the target will be measured based on the following key performance indicators (KPI):
 - Yearly increase of the Organic/Bio assortment
 - The amount and percentage of products in accordance with the "Less of" category and following subcategories
 - The amount and percentage of products in accordance with the "Free from" category and following subcategories