

# FEDERATION NEWS

THE NEWSLETTER FOR SCOTLAND'S INDEPENDENT BUTCHERS

Scotch Meat Challenge at Ingliston was held on Wednesday 22<sup>nd</sup> September. The biggest number of Scottish Butchers ever brought together for an awards lunch. All the winners are printed in this Newsletter.



**And the winner is.....**

**OCTOBER 2004**



## This Month

**Beef Sausage and  
Black Pudding  
Champions**

**The Scotch Meat  
Challenge**

**Make it With Meat  
Awards**

**Salt – the facts**

**Scottish Blackface  
Promotion**

**SFMTA AGM Weekend  
Package**

**Scottish Retail Prices**



Europe and Scotland  
Making it **work together**

**Remember a Regional Meeting is coming to  
you very soon. Details on inside front cover**

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**YOUR FEDERATION IS THERE TO HELP YOU:**

Telephone 01738 637472 fax 01738 441059 e mail: [sfmta@sfmta.co.uk](mailto:sfmta@sfmta.co.uk)

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## DIARY DATES

### REGIONAL MEETINGS

Date	Venue
Monday 4 <sup>th</sup> October	Swallow Hotel, Bellahouston, Glasgow
Tuesday 5 <sup>th</sup> October	Kingsknowe Hotel, Galashiels
Wednesday 6 <sup>th</sup> October	Quality Hotel, Ingliston
Monday 11 <sup>th</sup> October	Swallow Hotel, Dundee
Tuesday 12 <sup>th</sup> October	Thistle Hotel, Aberdeen Airport
Wednesday 13 <sup>th</sup> October	<b>Inverness Caledonian Thistle Stadium</b>

The next round of Regional meetings will take place in the first two weeks in October. On this occasion Macnaughton and Watson have arranged a demonstration from Verstegen and Ian McVicar from Scotweigh will also be present to talk about "sweet hearting". Douglas Scott will also be available to help members with the Meat Product Regulations calculations.

The North meeting will this time be split with a meeting being held in both Aberdeen and Inverness. Following the good turn out earlier this year for the New Product Workshops at these two venues we will experiment with repeating the choice of venues for the forthcoming regional meetings. So come on everyone make a special effort to support the meeting nearest you.

All members are welcome to attend at the venue and date that suits them best. Meetings start at 7.30pm with tea and coffee available from 7.00pm.  
Meetings finish at 9.00pm

### MEAT PRODUCT REGULATIONS SEMINARS

Date	Venue
Wednesday 27 <sup>th</sup> October	For members in South West Scotland 2.00pm in County Buildings, Wellington Square, Ayr
Wednesday 27 <sup>th</sup> October	Evening TBC in Kinross

### FEDERATION ANNUAL GENERAL MEETING

Date	Venue
Sunday 21 <sup>st</sup> November	Glynhill Hotel, Renfrew
See details green sheet enclosed	

### ASSESSOR WANTED

Scottish Meat Training is still looking for another training assessor. Candidate must have meat industry experience and assessment training will be given. Interested? Tel 01738 637785

# The Employment Law “Big Bang”

**Everyone these days has “rights”.** Every passing day sees an increase in these rights in all aspects of life, whether we approve or not. Britain is now well and truly in the grip of the “Compensation Culture”, and with the mushrooming of “No Win, No Fee” legal firms we see advertised on TV, more and more legal actions looking for substantial compensation, even for seemingly minor things, are being brought. A nice little earner for legal firms, but an increasingly serious problem for employers.

On October 1<sup>st</sup> 2004 new minimum standards for disciplinary and grievance procedures come into force. These are serious changes, and failure to follow the new procedures can henceforth bring heavy penalties to employers, large or small. The changes fall into three main categories:-

1. As we all know by now, every employer has a duty under the law to issue every employee with a statement of terms and conditions of employment (Contract Statement) within eight weeks of the employee starting work. The Federation supplies such statements and accompanying handbooks for Members to complete and issue to their staff. That still applies, but the law has now been strengthened to impose financial penalties on any employer who fails to issue a Contract to an employee within the time limit. An employee has till now been able to apply to a tribunal to have his or her conditions determined, but without any financial penalty to the employer. Not any more. Now there will be an automatic award to such an employee of up to **four weeks’ wages** for failure of the employer to issue a Contract in time. It is thus essential that all Members make sure that all staff are given the required documentation, and in good time.
2. With regard to disciplinary procedures, in any situation where it becomes necessary to discipline an employee, the employer must now place the accusation against the employee in writing before a disciplinary hearing can be held, and allow the employee enough time before a hearing is fixed to prepare a defence, and arrange accompaniment by a working colleague or union representative. After the hearing, the decision must again be issued in writing, with the right of appeal pointed out. If an appeal is requested, such must be granted, and, if possible, the appeal should be heard by a person other than the one who chaired the original disciplinary hearing.

The only exception to this formal procedure can be if clear gross misconduct is evident, and even then the right of appeal must be granted.

If any employer fails to stick to these requirements, any dismissal will be automatically unfair, resulting in an award against the employer. It is worth remembering that awards for unfair dismissal can now be over £55,000, and for discrimination (racial, sexual, disability or religious) even higher. A substantial award could thus severely affect any business, and even perhaps result in its closure.

3. With grievances, much the same procedure now applies. This time, however, it is necessary for the employee who has a grievance to place the details of that grievance in writing before the matter can be considered by the employer. If he or she does not do that, the matter may not be considered. Again, at any grievance hearing, the employee has a right to have time to prepare, and to be accompanied, and if not satisfied with the result, to have the right of appeal.

These are the main changes that Members should be aware of. In any case of doubt, advice should be sought from the Federation Office, or with Federation authority to Kerr-Smith Associates on 01369 702277.

**Please remember - DON'T GUESS, IT COULD COST YOU A LOT OF MONEY!**



## SCOTTISH BLACKFACE LAMB VOTED NUMBER 15 IN THE 50 BEST BRITISH FOODS

INDEPENDENT NEWSPAPER – September 2003

**Scottish Blackface Lamb was voted number 15 in the 50 best British Foods** – 'Alexia nominates one of Scotland's oldest (though not rare) breeds for tasting the way lamb should. Over the centuries it has adapted to a self-sufficient life in hefted flocks on the Scottish hills.

THE SCOTSMAN - November 2003

"Scottish lamb is a treat for anyone living outside the UK. I once did a cooking demonstration for the Blackface Sheep Breeders' Association, and initially I was filled with dread - how on earth would I find enough dishes using lamb to fill two hours of a demonstration? Then I realised that lamb is about the most versatile of all meats.

There are, indeed, so very many recipes of such a variety using lamb that I could have filled 24 hours, never mind a mere two. The Blackface sheep is the most numerous breed in the UK. Sadly, though, it is being crossed, with Cheviot, then the cross is crossed with Suffolk. The result is a bigger animal, which gives bigger cuts of meat. I certainly don't mind buying smaller cuts of lamb - **Blackface lamb is the sweetest meat you can buy."**

Lady Claire McDonald

THE SCOTSMAN – April 2004

Old season lamb, or "hogget" to give it its correct name, is generally around 12 to 18 months old and has a more pronounced flavour and rosy-red meat. After weaning, these lambs start on grass and are finished on turnips, which contributes to their exceptionally rich and full flavour. Grazing grounds are another factor. **The Blackface is a hardy mountain lamb and owes its sweet, tender flesh to the heather and grass of its outdoor larder. It is this older, stronger-flavoured lamb that is currently de rigeur in chef, foodie and farming circles.**

**Chef Andrew Fairlie agrees that old season lamb is best. "It tastes fantastic, we use it throughout the year," he says.** Fairlie's brother is a shepherd in Perthshire and supplies Fairlie's restaurant at Gleneagles via local butcher John McCallum, who hangs the meat for ten to 12 days to allow the flavour to mature.

Jo Ewart

**Do you want to promote Blackface Lamb?  
See yellow sheet enclosed with this Newsletter.**



# THE SCOTTISH MEAT CHALLENGE



2004



**RY Henderson, Braehead Rd, Linlithgow are thanked for generously supplying the meat**





Above: Michael Traynor North of Scotland Regional Winner U22 with his cabinet display after the Meat Skills Final at Ingliston.

The big Scotch Meat day at Ingliston on Wednesday 22<sup>nd</sup> September was a great success. In association with SFMTA, Quality Meat Scotland sponsored the Make it With Meat awards and the 2004 Scottish Meat Skills Finals in the McRobert Pavilion. The Scottish Meat Skills 2004 Competition got under way at 10.00am and the seven contestants worked until 12.30pm.

In the Under 22 category those competing in the Finals were:-Gordon McGlasson, J A. Waters, Selkirk; Michael Traynor, Simon Howie, Dunning; Sam Stewart, Simon Howie, Perth

Winners of awards in the Make it With Meat Awards and the Best Scottish Beef Sausage and Best Scottish Black Pudding Competitions made up the invited audience.

After lunch the awards were presented by Scotch Beef's "Glen" and by QMS Chief Executive Jan Polley. Michael won the title QMS Young Butcher of the Year and has been invited to be part of a presentation at Butchers Hall on the 30th November, St Andrews Day in front of the Princess Royal.

Below: Close up of Michael's finished display





Above: Richard Megahy, North of Scotland Regional Winner with his cabinet display after the Meat Skills Final at Ingliston.

Those competing in the Scottish Meat Skills Finals in the older age category were

Richard Megahy, Simon Howie, Perth;  
 Adam Lorimer, Simon Howie, Dunning;  
 Alan McCormack, J Saunderson, Edinburgh;  
 Andrew Panayides, Mearns T McCaskie, Wemyss Bay

Butcher of the Year title and shield were presented to Richard by Jan Polley, Chief Executive QMS.



Dick van Leeuwen (MLC), one of the judges in the Meat Skills Competition Under 22 category made the following comments:

"I have judged these competitions for quite a number of years. Not so much in Scotland but I have done quite a number of them at Milton Keynes with people like Fred Mallion who is always there to help us out.

"What always impresses me is that when we come back the standard goes up a notch. I just wonder what happens ten years onward.

"I always see new products and butchers working neater. I remember Gary Connacher who sitting there; twenty years ago when he was younger and I had hair. He used to win all the competitions and it is really nice to see a number of his lads in the competitions today.

"All these people who have entered before are now passing on their skills to the next generation. I think that is what we need to concentrate on because there are hardly any young kids coming into butchers shops to work.

"I think it is a lot of our own fault because where I come from originally in Holland (Bussum) you were proud to be a butcher because they were the ones with the biggest Mercedes. Always good money; there is good money to be earned in butchers' shops and youngsters do not realise it.



"Events like this really help youngsters that they have a skill. Not many people have skills; lots of people sit behind computers - you can get loads of people to sit behind computers but I have been driving around Scotland visiting a lot of butchers' shops over the last two weeks and will be over the next six weeks. All these butchers are saying to me "I wish I could get good staff". Now I have seen a really good example here today. So well done to all you seven young lads and I would hope to come back next year and see it up a notch again."



Andrew Panayides, Mearns T McCaskie,  
Wemyss Bay



Alan McCormack, J Saunderson, Edinburgh;

## Dalziel Sponsored Finalists



Thanks to Dalziel Ltd all the finalists in the Scottish Meat Skills Final received cheques.

Regional winners were presented with £100 from Jim Fox of Dalziel while the Regional Runners Up were give cheques for £50.

Left: Adam Lorimer,  
Simon Howie, Dunning;

Below Left: Sam Stewart,  
Simon Howie, Perth  
Below Right: Gordon McGlasson,  
J A. Waters, Selkirk.



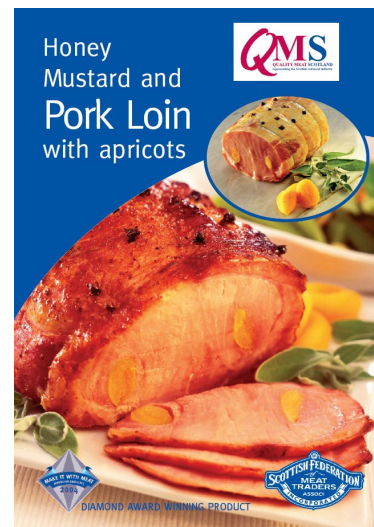
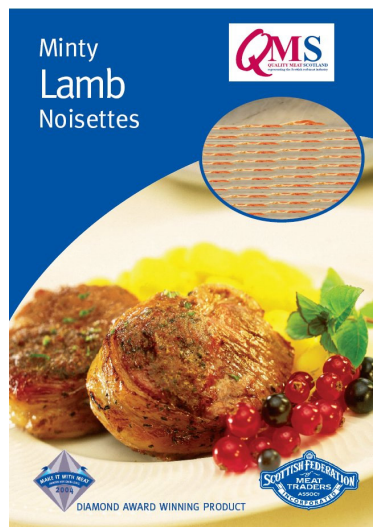
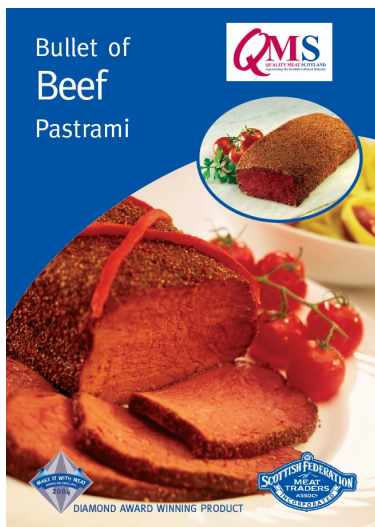
# Make it With Meat Awards 2004

## Diamond Awards

Honey Mustard and Pork Loin with Apricots	Blackwood of Kilmacolm	Kilmacolm
Minty Lamb Noisettes	James Allan Butchers	Glasgow
Bullet of Beef Pastrami	Simon Howie	Perth



*Diamond Awards Winners: Simon Howie and Alan Liston, Morton Perrie of James Allan and Douglas Graham, Blackwood of Kilmacolm*



The recipe and colour posters for these Diamond Award winning products will be sent by SFMTA members in October, November and February

## Gold Awards

Canadian Club Steak	A & I Quality Butchers	Culloden
Rosemary Glazed Rack of Lamb	Blackwood of Kilmacolm	Kilmacolm
Cushion of Lamb	Blackwood of Kilmacolm	Kilmacolm
Lamb Greco	Charles Duncan	Troon
Sweet & Sour Kebabs	Cliff Bertram	Kirriemuir
Mexican Fajita Pockets	Crombies Of Edinburgh	Edinburgh
Pork Fillet Nest Roast	Crombies of Edinburgh	Edinburgh
Pork Loin Roast with Caramelised Onion Sausage	Crombies of Edinburgh	Edinburgh
Silverside of Pork Stuffed with Apricots & Ginger	D J McDougall	Fort Augustus
Marinated Stuffed Steak	Duncan Fraser & Son	Inverness
Stilton & Cranberry Cheese Grill	Duncan Fraser & Son	Inverness
Red Pepper Wraps	Duncan Mackenzie	Greenock
Lamb & Black Pudding Log	Duncan MacKenzie	Greenock
Smokey Salsa Chip Steaks	Ewan Morrice Quality Butcher	Stuartfield
Beef & Garlic Olive	Forbes Raeburn & Sons	Huntly
Steak & Blue Cheese " Turnover"	Grants Butchers	Dundee
Lamb Tikka Meatballs	Grossetts of Tayside	Dundee
Peri Peri Pork Medallions	Halliwells Butchers	Selkirk
Breakfast Burger	Ian J McIntosh	Fraserburgh
Spicy Bun Steak	Ian J McIntosh	Fraserburgh
Pork Stir fry with Pineapple & Chilli	Ian J McIntosh	Fraserburgh
Garlic and Rosemary Lamb Chump	James Allan Butchers	Glasgow
Pork Saint Germain	James Allan Butchers	Glasgow
Mexican Surprise	Mearns T McCaskie	Weymss Bay
Caribbean Blackened Lamb	Mearns T McCaskie	Weymss Bay
Mixed Meat Roulade	Robert Patrick	Camelon
Chorizo Burger	Thomas Johnston	Falkirk
Chieftan Burgers	Thomas Johnston	Falkirk
Beef & Horseradish Burger	Thomas Johnston	Falkirk

## Dispatches investigation

Some might have seen the Channel 4 programme *Dispatches* on Monday 20<sup>th</sup> September. Fortunately the programme was competing for its audience against *Eastenders* and live Manchester United v Liverpool.

The programme about which there is an article on page 15 of this Newsletter revealed unacceptable practices in the meat industry in England. QMS received no enquiries from Scottish media or consumers so one can only hope that those who watched the programme noted that it was not in Scotland.

That said if anyone knows of illicit practices in Scotland, they should inform SFMTA so that we can take steps to eradicate potentially bad publicity for our trade.

## Silver Awards

Italian Meatballs	A & I Quality Butchers	Culloden
Boerewors	A E Brown & Son	Turriff
Mr Mustard Porkers	A E Brown & Son	Turriff
Minty Lamb Roast	Alex Jack (Butchers) Ltd	Stranraer
Rib of Loin of Pork with Lemon Pepper	Alex Jack (Butchers) Ltd	Stranraer
Beef Banderilles	Charles Duncan	Troon
Blackstick Steak	Charles Duncan	Troon
Fillet Steak Rob Roy	Charles McHardy	Stonehaven
Pork Chop Stuffed with Garlic	Charles McHardy	Stonehaven
Minty Yogurt Lamb Steaks	Cliff Bertram	Kirriemuir
Belly Pork Stuffed with Apricots & Prunes	D J McDougall	Fort Augustus
Pork, Orange & Red Wine Kofta	Dounby Stores	Dounby
French Highlander Grill	Duncan Fraser & Son	Inverness
Char Siu Porker	Duncan Fraser & Son	Inverness
Lamb Garlic & Tomato Steaklets	Ewan Morrice Quality Butcher	Stuartfield
Rack of Highland Lamb	Forbes Raeburn & Sons	Huntly
Pork Loin with Mild Curry	Forbes Raeburn & Sons	Huntly
French Mini Roast	Grants Butchers	Dundee
Stuffed Pork Sirloin	Grants Butchers	Dundee
Beef Olives with Fresh Peppers and Wholegrain Mustard	Grossetts of Tayside	Dundee
Greek Passion Lamb Rack	Grossetts of Tayside	Dundee
Pork Sirloin with Shiitake Mushroom, caramelised onion, black pudding, sausmeat filling & mushroom sauce	Grossetts of Tayside	Dundee
Pepper Steak Kebab	H M Sheridan	Ballater
Pork Steak stuffed with Garlic Butter Mushroom	H M Sheridan	Ballater
Lamb Wraps	Halliwells Butchers	Selkirk
Stuffed Chilli Pork Roast	Halliwells Butchers	Selkirk
Haggis Olives	Iain Moir Quality Butcher	Grantown on Spey
Pork Fillet stuffed with Apricots	Iain Moir Quality Butcher	Grantown on Spey
Chilli & Corriander Sausages	Iain Moir Quality Butcher	Grantown on Spey
Beef Olives	James Allan Butchers	Glasgow
Sizzling Spicy Beef	James Pirie & Son	Newtyle
Chipsteak Burger	John Marshall & Son	Johnstone
Steak Swirl	Robert Patrick	Camelon
Rosemary & Thyme Lamb Noisette	Simon Howie	Perth
Sage & Onion Pork Crowns	Simon Howie	Perth
Mixed Grill on a Stick	Stewarts of Portsoy	Portsoy
Pork Bakes	T Kerr & Son Ltd	Selkirk
Lindos Lamb Loaf	Terry Meade	Gourock

## Bronze Awards

Beef Olives	A & I Quality Butchers	Culloden
Girders	A E Brown & Son	Turriff
Pork, Stilton & Apple Sausages	A E Brown & Son	Turriff
Tasty Snack Steaks	Alex Jack (Butchers) Ltd	Stranraer
Mustard Lamb Kebabs	Alex Jack (Butchers) Ltd	Stranraer
Beef Olives	Charles McHardy	Stonehaven
Stuffed Tender Loin of Pork	Charles McHardy	Stonehaven
Pork Cordon Bleu	Cliff Bertram	Kirriemuir
Loin of Lamb Stuffed with Orange & Rosemary	D J McDougall	Fort Augustus
Sirloin Steak Stuffed with Herbs	Dounby Stores	Dounby
Pork Schnitzel	Dounby Stores	Dounby
Hot n' Spicy Chorizo Burgers	Ewan Morrice Quality Butcher	Stuartfield
Italian Pork Sirloin Bacon Wraps	Ewan Morrice Quality Butcher	Stuartfield
Beef Olive Bourginion	Forbes Raeburn & Sons	Huntly
Lamb & Hot Chilli Stir Fry	Forbes Raeburn & Sons	Huntly
Hawaiian Ham Steak	Forbes Raeburn & Sons	Huntly
Black Portent Lamb Loin	George Donaldson & Sons	Kirkwall
Pork Cranberry and Red Onion Chutney Burger	George Donaldson & Sons	Kirkwall
Pork, Leek & Spicy Apricot Chutney Sausages	George Donaldson & Sons	Kirkwall
Greek Cubed Lamb	Grants Butchers	Dundee
Moroccan Lamb Burger	H M Sheridan	Ballater
Thai Style Kebab	H M Sheridan	Ballater
Stroganoff Olive	Halliwells Butchers	Selkirk
Pride of Angus Sausage	James Pirie & Son	Newtyle
Oriental Sausage Kebabs	James Pirie & Son	Newtyle
Venison and Pork Sausage with Orange and Rosemary	John M Munro Ltd	Dingwall
Beef Balti Stirfry	Robert Patrick	Camelon
Kama Sutra Love Boat	Robert Patrick	Camelon
Steak Tips	Scott Brothers	Dundee
Peppered Veal Rib Eye Steak	Simon Howie	Perth
Topside Roulade	Stewarts of Portsoy	Portsoy
Savoury Burgers	T Kerr & Son Ltd	Selkirk
Spicy Pork Mini Roast	Terry Meade	Gourock
Peppered Porkies	Terry Meade	Gourock
Pork & Caramelised Onion Sausage	Thomas Johnston	Falkirk
Italian Meatballs	William Allan & Son	Stewarton
Beef Stir-Fry	William Allan & Son	Stewarton
Cheese & Onion Pork Steak	William Allan & Son	Stewarton

# We are the Champions!



*Above: James Baillie with the Champions Trophy*

Saltcoats Beef Sausages have been judged the best in Scotland at a product evaluation event held by the Scottish Federation. James Baillie of T Baillie & Sons, Saltcoats beat off competition from all over Scotland to lift the top prize in this year's competition.

The award was presented at the Scotch Meat Challenge, McRobert Pavillion, Ingliston on Wednesday 22 September. The Saltcoats Sausages will now represent Scotland in the next Meat Trades Journal Champion of Champions Contest.

Reserve Champions were A & I Quality Butchers from Culloden.

The Champion Black Pudding comes from Wemyss Bay. Nigel Ovens of Mearns T McCaskie, Wemyss Bay made it a West of Scotland double with both the Sausage and Black Pudding titles going to businesses on the Clyde coast.

Reserve Champion Black Pudding was from JB Houston, Dumfries

*Below: Nigel Ovens (right) receives his trophy and certificate from Glen and President Mark Barnett*



# Illegal meat racketeers exposed in TV documentary

Hugh Muir wrote in *The Guardian*

Monday 20 September 2004

The safety of Britain's food chain has again been questioned after an undercover television investigation found meat traders selling carcasses judged "unfit for dogs". Reporters from Channel 4 also interviewed an independent meat consultant, who advised them on how to get potentially dangerous meat onto the market.

The most graphic abuses involve the sale of sheep carcasses by a London trader, who was last month convicted on charges of keeping meat in unhygienic conditions.

According to a *Dispatches* investigation to be screened tonight, the trader sold up to 40 carcasses, which were emaciated and infected with diseases such as tapeworm, from the back of vans.

The programme shows that the trader also supplied suspect meat to butchers' shops and restaurants.

An examination by experts for the programme found both fit and unfit meat on sale. Each carcass should carry a clearly discernible health mark to allow the meat's origins to be traced, but the markings were often smudged and unreadable.

A raid on the trader's premises found carcasses stored on the floor with boxes of poultry loaded on top.

The trader was also taped discussing his involvement in the supply of "smokies" - sheep carcasses illegally slaughtered and prepared for the ethnic market. The carcasses are flamed using high-powered blowtorches.

Asked about his ability to obtain the illicit delicacy, he said: "We can't get it that easily. Those health people are watching everywhere in London. If you get caught it is a £20,000 fine. We used to get 600 to 700 a week." It is estimated that the profit from one van load of smokies can be as high as £6,000.

Perhaps more disturbing are the allegations related to the industry consultant, who is seen helping Channel 4's bogus meat traders avoid the safety regime established in the

wake of the BSE and foot and mouth scandals.

The consultant used to be responsible for training meat workers, but has since been suspended. He is under investigation for failing to carry out proper training. During taped exchanges, he tells undercover reporters that the system of grant aid from the government is so lax that he regularly claims double the fee he is entitled to.

When the reporters say one of their van drivers needs a Basic Food Hygiene certificate, he is filmed giving them a booklet containing all the answers to the relevant examination.

During the test they deliberately fail to answer all of the multiple choice questions and get some answers wrong. "It's all right," he tells them afterwards. "It has been sorted." When asked for his advice about handling questionable produce, he says: "You get that out of the door like greased lightning. It goes in and it goes out. In and out. It is as simple as that."

Yunes Teinez, a senior environmental health officer in Haringey in north London and one of the officials who has been investigating the trader's activities, said illegal meat racketeers seemed to have the upper hand. "You try to do your best to stop the unfit meat entering the food chain but you find a lot of obstacles," he said.

"Environmental health officers need help and resources. This is a growing problem because many local councils don't take any action to tackle illegal meat at all."

A Food Standards Agency spokesman said it had not seen the programme, but added: "The FSA takes the issue of illegal meat extremely seriously and is assisting local authorities in their efforts to clamp down on illegal meat scams.

# Shoppers being misled by minced meat labelling

Food Standards Agency Press Release

Monday, 27 September 2004

A Food Standards Agency survey published today has found that consumers are often being misled by minced meat labels which claim that the product contains less fat than it actually does. In the case of products claiming to be 'extra' or 'super' lean, some in fact contained as much if not more than 'lean' mince.

The survey compared the fat content of 'standard' minced meat with mince claiming to be 'lean' or 'extra/super lean'. It also checked whether the fat content on the nutrition labels was accurate. The Agency looked at 561 samples of fresh and frozen minced meat, including 444 samples of beef. Chief among the findings are:

The amount of fat in standard beef mince ranged from 1.9g to 32.3g per 100g,

Several samples of 'extra' or 'super' lean mince had higher fat contents than some 'lean' mince,

55 of the 308 samples giving nutrition information on the label contained more fat than the label claimed.

Types of beef mince surveyed	Range (g of fat per 100g)
Standard	1.9 – 32.3
'Lean'	3.6 – 15.7
'Extra' or 'Super lean'	1.9 – 17.7

David Statham, Director of Enforcement and Food Standards at the FSA said: 'Consumers expect products described as "extra" or "super" lean to contain less fat than "lean" mince. Indeed people often pay a premium price for such products, and yet this survey highlights the fact that some of the products described as "extra" or "super" lean actually contain as much fat, if not more, than "lean" mince.

'The Food Standards Agency did this survey to see if consumers were getting accurate information. It is clear that in some cases they are not. The Agency now intends to consult on the development of its own guidelines for the terms that are used to describe the fat content of mince. We want food manufacturers and retailers to sign up to clear definitions and descriptions and ensure that their products meet them.'

Where the survey found examples of nutrition labels with inaccurate fat levels, the Agency has asked local authorities to take action.

- UK law does not specify a maximum fat content for mince unless it is sold under a specific name, such as 'lean minced meat', when the fat content must not exceed 7%. If mince is described in any other way, for example 'minced meat – lean', the law does not apply. However, the Food Safety Act says that food must not be presented or described in a way that misleads the consumer.
- Minced beef guidance devised by the Association of Public Analysts (APA) state that 'lean' beef should contain no more than 16g of fat and 'extra/super lean' beef mince no more than 9g of fat per 100g. Public analysts have applied a maximum limit of 25% fat for 'standard' minced beef, which is widely established in case law. The FSA has asked local authorities to take action where the fat content of the samples has exceeded these limits.

**Editor's Note: Scottish Butchers surveyed came out extremely well in this survey, highlighting the quality article available from independent butchers**

# QMS Announces Selection of First Monitor Farm



Quality Meat Scotland is pleased to announce the selection of Robert Parker of Drumdow, Kirkcolm in Wigtownshire as the Monitor Farmer for the South West of Scotland. Drumdow is the first of three Monitor Farms, based on the successful New Zealand self help model, to be wholly funded by QMS.

Robert Parker was selected by a panel which included local farmers. He runs 150 suckler cows and 500 ewes on 186ha (465acres) of lowground land.

He said: "I volunteered to become the local Monitor farmer because I see real opportunities to improve my business performance and I welcome the involvement of other farmers to help me with decision making. My personal targets are to double farm profit and free up two weeks for time off each year."

QMS Technical Projects Manager, Johnny Mackey, said: "We are delighted to have a farmer like Robert to spearhead the new Monitor Farm project. We were looking for a good example of a breeder/finisher type farm in this area and Drumdow is exactly that.

"Monitor Farms have been used in New Zealand for many years to help farmers share information and test knowledge that can improve the profitability of their businesses. The idea is also being used successfully in Wales."

QMS's decision to fund three further farms in Scotland will extend the Monitor Farms concept into the North, North East and South West of Scotland. They will be deliberately selected to cover the range of production systems that exist in the Scottish cattle and sheep sectors and will complement the two experimental Monitor Farms set up by SEERAD and co-funded by QMS.

QMS has appointed the Scottish Agricultural College (SAC) to manage the work. Project Co-ordinator Iain Riddell added "Robert is an excellent choice for Monitor Farmer. Although his management is already good he appreciates that there is room for further improvement. The three years in the spotlight will benefit his business and help the other group members to meet the challenges of the future, especially the switch to decoupled support."

Within QMS, the Monitor Farms project is an important part of a programme of technology transfer overseen by the Research, Development and Information Delivery Committee.

## **Raps UK – Meals in a Moment**

**Your Scottish Stockist is**

**McAusland Crawford,**

**79-81 Abercorn Street, Paisley PA3 4AS**

**Tel 0141 849 7033**

**GLASGOW MEAT TRADES**

**GRAND**

**BANQUET & CEILIDH**

Will be held in

**The Swallow Hotel**

517 Paisley Road West  
Bellahouston Glasgow

On

**Saturday 30 October 2004**

**7 for 7.30pm till 1 am**

**Tickets £ 29**

**Music by**  
**J & L Ceilidh Band**

Why not make a night of it and stay over  
Twin or Double rooms  
£28 Bed and Breakfast per person  
Bookable direct to the hotel at Telephone 0141 427 3146  
Fax 0141 427 4059

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## Scottish Retail Prices

week ended	11 Sept		18 Sept		25 Sept	
<b>BEEF</b>	Range	Average	Range	Average	Range	Average
	p per kg		p per kg		p per kg	
Topside	614-998	806	614-998	800	529-998	800
Sirloin steak	872-2289	1538	872-2289	1538	872-2289	1538
Rump steak	744-1350	974	744-1350	974	744-1350	975
Fillet Steak	1599-3200	2151	1599-3200	2151	1599-3200	2145
Diced stewing steak	299-860	641	299-860	641	299-860	641
Braising Steak	249-860	719	249-860	719	269-860	721
Premium mince	259-750	554	259-750	555	260-750	557
Standard mince	218-429	344	218-429	344	218-429	344

week ended	11 Sept		18 Sept		25 Sept	
<b>LAMB</b>	Range	Average	Range	Average	Range	Average
	p per kg		p per kg		p per kg	
Domestic						
Whole leg	490-1048	775	490-1048	775	490-1048	773
Fillet end leg	532-1295	1069	532-1295	1065	532-1295	1070
Shoulder (bone-in)	260-765	499	260-765	505	260-765	503
Shoulder (boneless)	299-950	774	299-950	774	299-950	774
Lamb steaks	793-1990	1283	793-1990	1287	793-1990	1287
Loin Chops	699-1449	1123	699-1449	1123	705-1343	1107
Double loin chops	767-1399	1200	767-1399	1200	767-1399	1200
Cutlet chops	899-1199	1076	899-1199	1077	899-1199	1077
Diced Lamb	548-1289	812	548-1289	812	548-1289	812
Minced Lamb	169-900	750	169-900	750	169-900	750

week ended	11 Sept		18 Sept		25 Sept	
<b>PORK</b>	Range	Average	Range	Average	Range	Average
	p per kg		p per kg		p per kg	
Leg (Boneless)	349-765	605	349-765	598	349-765	598
Fillet end leg	373-765	667	373-765	667	373-765	667
Shoulder (Boneless)	249-800	546	249-800	546	269-800	547
Fillet of Pork	606-1250	901	606-1250	901	606-1250	901
Loin Steaks	599-895	696	599-895	696	599-895	696
Loin Chops	498-900	621	498-900	621	498-900	621
Diced Pork	370-800	599	370-800	625	452-800	605
Minced Pork	139-765	444	139-765	450	139-765	450
Sausages	199-550	437	199-550	437	199-550	437

## Beef dripping withdrawn from sale

28 September 2004

The Food Standards Agency has launched an investigation after beef dripping made from fat not intended for human consumption was found to be on sale. The Agency is investigating with local authorities how this product entered the food chain and the extent of the problem. This batch of dripping is highly unlikely to pose any risk to health because of the high temperatures at which it was processed, and microbiological testing of the dripping has not found any harmful bacteria. The fat was derived from carcasses that had been through the normal hygiene and BSE controls.

The dripping was made by the Doncaster-based company Nortech Foods Ltd. The company, which is co-operating fully, has disposed of all its remaining stock and is carrying out a trade withdrawal to recover from its customers any remaining dripping. The product is being withdrawn from sale.

The fat that is not intended for human consumption would typically be used after processing and refining to make products such as petfood, cosmetics and pharmaceuticals. People who have bought this dripping, labelled as 500g Nortech's Finest Beef Dripping, may wish to return it to where they bought it. The affected batch has best before dates of between 16 August and 17 September 2005.

# BEEF

	<b>W/E 18/09/04</b>	<b>Previous week</b>	<b>Previous year</b>
Scottish Abattoirs			
Prices			
Steers dwt	201.8 p/kg	205.7 p/kg	186.3 p/kg
Heifers dwt	200.1 p/kg	204.4 p/kg	186.5 p/kg
Young Bulls dwt	187.2 p/kg	192.3 p/kg	170.2 p/kg
Numbers			
Steers	4030	2604	2514
Heifers	1436	2062	1463
Young Bulls	896	943	298

	<b>W/E 16/09/04</b>	<b>Previous week</b>	<b>Previous year</b>
Scottish auctions			
Prices			
Steers lwt	110.55p/kg	109.34 p/kg	97.71 p/kg
Heifers lwt	112.49 p/kg	110.83 p/kg	99.85 p/kg
Young bulls lwt	93.38 p/kg	93.89 p/kg	87.09 p/kg
Numbers			
Steers	482	572	303
Heifers	552	477	303
Young bulls	126	77	47

## Deadweight cattle week ending September 18

	All steers p/kg			All heifers p/kg			All Young bulls p/kg	
	3	4L	4H	3	4L	4H	3	4L
-U	203.6	203.5	203.9	204.9	198.0	197.7	190.7	190.2
R	199.9	201.7	201.6	191.3	191.1	192.8	186.0	187.0
O+	194.3	197.3	196.7	168.9	182.9	185.8	178.7	181.3
-O	180.6	182.6	-	184.7	-	-	167.1	167.8

Data collection co-ordinated by MLC Economic Services on behalf of QMS, price updates available at [www.qmscotland.co.uk](http://www.qmscotland.co.uk)

## National Customer Service Week

Starts 10<sup>th</sup> October 2004

Customer Service Courses through Retail Training Consultants using their Mobile Training Van is available in the Scottish Enterprise Area.

To book telephone 01738 637785

# SHEEP

**W/E 16/09/04 Previous week Previous year**

Sheep prices

Scottish Auctions

Lambs SQQ lwt	106.37 p/kg	131.35 p/kg	127.27 p/kg
Ewes lwt	£26.51 /head	£28.56 /head	£45.47 /head

Sheep numbers

Scottish Auctions

Lambs SQQ	23410	19764	20728
Ewes	7161	4198	4332

**W/E 18/09/04 Previous week Previous year**

**Sheep prices**

GB Abattoir

Lambs SQQ dwt	245.3 p/kg	250.8 p/kg	239.7 p/kg
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**Deadweight sheep week ending September 18 – p/kg**

	<b>2</b>	<b>3L</b>	<b>3H</b>
<b>U</b>	256.4	255.0	244.8
<b>R</b>	247.1	246.6	241.4
<b>O</b>	234.9	236.5	235.7

# PIGS

**W/E 18/09/04 Previous week Previous year**

Pigs

Scottish abattoirs

All pigs DAPP p/kg	97.80 p/kg	99.38 p/kg	93.02 p/kg
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**Deadweight pigs week ending September 22**

	Method 1 and 2 Change			Method 1 and 2 Change	
	p/kg dwt			p/kg dwt	
Up to 59.9 kg	95.33	+2..61	80.0 – 89.9 kg	98.59	-0.39
60.0 – 69.9 kg	100.36	-0.05	90 kg and over	91.22	-0.02
70-0 – 79.9 kg	100.35	-0.20			

For method 1 (Porkers, cutters and heavy type pigs) backfat probe taken at P1 and P3. For method 2 (Unsplit carcasses) only P2 probe is made. P1, P2 and P3 are 4.5 cm, 6.5 cm and 8 cm, respectively, for the mid line of the back at the last rib.

# Salt: Industry Briefing from MLC

September 2004

Salt reduction and processed meat products

## **What is happening**

The Food Standards Agency (FSA) has announced a £5m+ multi-media public health campaign to raise awareness and understanding of excessive salt in the diet. This is part of the Government's policy initiative on nutrition and health. Whilst it is too much sodium (a component of salt and other compounds) that is one of the risk factors towards high blood pressure and the risk of developing heart disease and strokes, the FSA campaign will focus on salt as a term better understood by consumers.

A number of organisations have published scientific and food studies on the salt/sodium issue which will serve to intensify media interest. An example is the Consensus Action on Salt and Health (CASH) study\* of 3,000 products from 12 supermarket chains which has highlighted the huge differences in salt content of identical products manufactured by different organisations. In addition, the Salt Manufacturers' Association (SMA) has claimed the FSA has used disputed and questionable evidence when linking salt consumption to blood pressure.

( \* Consensus Action on Salt and Health Worst Offenders Study – August 2004 )

## **Action on salt taken by the meat products industry**

The meat products industry recognises the salt intake of the population is higher than is desirable for health and the industry supports the Government's drive to reduce salt consumption.

A joint working party comprising the British Meat Processing Association (BMPA), Food & Drink Federation (FDF) and the Meat and Livestock Commission (MLC), in consultation with BMPA members, submitted an action plan for sodium reduction in meat products to the Department of Health in June 2004. The plan consisted of 2 parts, the action plan itself and a members' guidance document.

The action plan mapped out how over a 2-year period an estimated minimum 10% reduction in the sodium content of branded manufactured meat products would be delivered. This will deliver the required meat products industry contribution towards an interim 1g average population salt reduction called for by FSA by the end of 2005.

For reasons of food safety, it was decided against taking a blanket approach to sodium reduction in cured products and these were therefore excluded from the plan. Following positive feedback on this from the FSA the plan is currently being amended for re-submission by the end of September 2004.

## **Potential for competition**

The food manufacturing industry is united in its commitment to work with the Government on reducing sodium in processed food products. However history tells us that there will probably be some organisations that will seek competitive advantage by highlighting the low-salt nature of their product(s) against those of their direct competitors. Or simply by pointing the finger at other food groups to take the media heat off themselves. Experience also shows us that these tactics usually just help to fuel the media coverage on an issue.

## **What else are the GB Levy bodies doing?**

The MLC, working on behalf of all the GB levy bodies, has brought about changes in the proposed FSA salt communications materials to stop meat and processed meat products being lumped together as significant sources of salt/sodium in the diet. Fresh meat is naturally low in sodium and it is important that it is separated from processed meat products on this issue.

The MLC commissioned independent research on the microbiological safety of reducing salt in cured meat products. This work was given to the FSA.

The MLC has prepared four consumer oriented fact sheets for distribution via the British Meat Information Service – a general one on processed meat products and salt, and separate ones on sausages, bacon and ham (see following). These will be sent as appropriate to consumer food writers as background briefing material.

A set of questions and answers is also being prepared on salt and processed meat products which will be posted on the MLC websites ([www.mlc.org.uk](http://www.mlc.org.uk)) as a resource for the meat industry.

### **General media messages on salt and meat**

The meat products industry recognises that it has a role to play in salt reduction alongside other areas of the food industry and is committed to working with government to deliver further salt reduction measures.

Fresh meat is naturally very low in salt, but processed meat products do contain added salt. The contribution from each type of meat product to total salt in diet is low when viewed in the context of their low frequency of consumption.

One of the dangers of concentrating too much on salt content is that the important nutritional contribution made by foods such as processed meat and dairy products – including iron and calcium – can be overlooked.

There are a number of simple steps people can take to reduce salt in their diets including reading product labels and by cutting down on added salt both in cooking and at the table.

Further sources of information on salt and blood pressure

**The British Nutrition Foundation** – [www.nutrition.org.uk](http://www.nutrition.org.uk)

**National Institute for Clinical Excellence (NICE)** – [www.nice.org.uk](http://www.nice.org.uk)

Scientific Advisory Committee on Nutrition – [www.sacn.gov.uk](http://www.sacn.gov.uk)

The Food Standards Agency – [www.food.gov.uk](http://www.food.gov.uk)

### **SALT AND BLOOD PRESSURE**

- Sodium is a component of salt (sodium chloride). Whilst sodium and chloride are essential in the diet in small amounts, in the case of sodium, too much can contribute to health problems. It is one of the risk factors that contribute towards high blood pressure (hypertension), which substantially increases the risk of developing heart disease or stroke.
- In the UK, most people are eating more salt than is good for their health and a population target reduction in average intake from 9.5g to 6.0g (equivalent to 2.5g of sodium) per day has been recommended by The Scientific Advisory Committee on Nutrition <sup>3</sup>.
- The contribution of sodium to blood pressure is “modest” according to the National Institute for Clinical Excellence <sup>5</sup>. And the Scientific Advisory Committee on Nutrition <sup>3</sup> recommends a general healthy lifestyle approach to reducing blood pressure. This encompasses increasing physical activity/exercise, reducing alcohol and caffeine consumption, no smoking, reducing levels of obesity, managing stress and reducing sodium intake.
- Current food labelling regulations do not require the sodium content of foods to be listed unless a nutrition claim is made on food packaging. If sodium or salt content is to be declared it has to be indicated in terms of sodium. Some manufacturers also voluntarily express this information in terms of the equivalent amount of salt.
- Although salt is the major source of sodium in our food, sodium is also a component of other ingredients such as sodium bicarbonate which is used as a raising agent in baking products, sodium nitrate which is used as a preservative in some cured meats and monosodium glutamate which is used as a flavour enhancer.
- 2.5g of salt provides 1g of sodium. There are approximately 2.4g of sodium in 6g of salt.

# Salt and Sausages – Fact Sheet

## KEY FACTS

- Sausages can be high in salt but there are wide variations between different products and between manufacturers. Low salt varieties are increasingly available.
- A typical portion of sausages (2 thick pork sausages) contains on average around 1.8g of salt <sup>1</sup>.
- Sausages are eaten on average once a week <sup>2</sup> – making a contribution of just 3% to our weekly salt intake <sup>3</sup>.
- A typical portion of sausages has less salt than a portion of baked beans (2.0g) and a portion of many canned soups (2.3g) <sup>4</sup>.
- One thick pork sausage has approximately the same salt as a portion of cheddar cheese, two digestive biscuits or a bowl of corn flakes<sup>1</sup>.

## SALT IN SAUSAGES

- Fresh meat such as lamb and pork chops and beef steaks is naturally very low in salt. However, salt is added to a range of processed meat products including sausages.
- Salt is added to sausages for two main reasons:
  - **As a natural preservative** - salting is one of the most traditional ways of preserving food. Removal of all salt from sausages could lead to food safety problems.
  - **Taste and texture** - salt is a natural flavour enhancer, which contributes to the taste of sausages and also to the texture of many sausages.
- One thick pork sausage contains on average around 0.9g of salt<sup>1</sup>

## HOW DO SAUSAGES COMPARE WITH OTHER FOODS?

Approximate salt levels in a range of popular foods are listed below, based on a typical serving <sup>1, 4</sup>.

<ul style="list-style-type: none"><li>• Canned soup (300ml) – 2.3g</li><li>• Baked beans (207g) – 2.0g</li><li>• Salt &amp; vinegar crisps (34.5g) – 1.1g</li><li>• Cheddar cheese (56g) – 0.9g</li></ul>	<ul style="list-style-type: none"><li>• Corn flakes (30g serving) – 0.9g</li><li>• 2 slices of white bread (60g) – 0.8g</li><li>• 2 Digestive biscuits (30g) – 0.8g</li><li>• Blueberry muffin (72g) – 0.8g</li></ul>
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## WHAT IS THE MEAT PRODUCTS INDUSTRY DOING TO REDUCE SALT IN SAUSAGES?

- A Food Standards Agency survey <sup>3</sup> found that between 1991 and 2003 the overall salt content across the full range of sausages fell by around 11%.
- The meat products industry recognises the salt intake of the population is higher than is desirable for health. The meat industry supports the Government's drive to reduce salt consumption, has already made significant reductions in recent years, and has made a commitment to deliver a further 10% reduction in the average salt content of meat products, including sausages, by the end of 2005.

# Salt and Meat Products – Fact Sheet

## KEY FACTS

- Fresh red meat is naturally very low in salt.
- Processed meat products do contain added salt, including sausages, ham, bacon and beef burgers. Levels vary between type of processed products and between similar products from different manufacturers.
- The meat products industry recognises that it has a role to play in salt reduction alongside other areas of the food industry and is committed to further salt reduction measures.
- The majority of processed meat products such as bacon, sausages and ham are eaten on average just once a week <sup>1</sup>. The contribution from each type of meat product to total salt in diet is low when viewed in the context of their low frequency of consumption.
- Salt acts as a natural added preservative in a number of meat products, it is also added for taste and texture purposes.

## SALT IN PROCESSED RED MEAT PRODUCTS

Approximate salt levels in a range of popular processed meat products are listed below, based on a typical serving <sup>2,4</sup>.

<ul style="list-style-type: none"><li>• Two rashers of bacon (50g) – 2.3g</li><li>• Cornish pasty (130g) – 1.8g</li><li>• Pork pie (110g) – 1.6g</li><li>• Two slices of ham (46g) – 1.2g</li></ul>	<ul style="list-style-type: none"><li>• 2 thick pork sausages (113g) – 1.8g</li><li>• Sausage roll (66g) – 0.9g</li><li>• Frozen beefburger (80g) – 0.6 to 1.3g</li></ul>
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## CONTRIBUTION OF PROCESSED MEAT PRODUCTS TO SALT IN DIET

The majority of individual processed meat products are eaten on average about once a week <sup>1</sup>. Based on this frequency of use, the contributions of some popular meat products to the Food Standards Agency's salt intake population target of 42g salt per week (6g per day) are as follows:

- Two thick pork sausages - 4.3%
- Two rashers of bacon – 5.4%
- Two slices of ham – 2.8 %

Salt is added to processed meat products for two main reasons:

- **As a natural preservative** - salting is one of the most traditional ways of preserving meat products. Removal of all salt from processed meat products could lead to food safety problems.
- **Taste and texture** - salt is a natural flavour enhancer, which contributes to the taste of and also to the texture of many processed meat products.

## DATA SOURCES

<sup>1</sup> Meat and Livestock Commission field research into typical foods available in supermarkets – August 2004

<sup>2</sup> TNS Family Food Panel Annual Lifestyle Survey is Britain's largest and only continuous measure of all food consumption in the UK. To carry out the research, TNS requires 11,000 consumers to maintain an extensive food diary for two weeks, twice a year.

# Salt and Ham – Fact Sheet

## KEY FACTS

- Ham is a cured meat product that contains added salt as a preservative.
- There can be variations in salt levels between different products and between manufacturers.
- A typical portion of ham (2 slices – 46g) contains on average around 1.2g of salt <sup>1</sup>.
- Ham is eaten on average once a week <sup>2</sup> – making a contribution of just 2.8% to our total weekly targeted salt intake.
- A typical portion of ham has less salt than a portion of baked beans or a portion of many canned soups <sup>1</sup>.

## SALT IN HAM

- Fresh meat such as lamb and pork chops and beef steaks are naturally very low in salt. However, salt is added to a range of processed meat products including ham.
- Salt is added to ham for two main reasons:
  - **As a natural preservative** - salting is one of the most traditional ways of preserving ham. Removal of all salt from ham could lead to food safety problems.
  - **Taste and texture** - salt is a natural flavour enhancer, which contributes to the taste of ham and also to the moist texture of the meat.

## HOW DOES HAM COMPARE WITH OTHER FOODS?

Approximate salt levels in a range of popular foods are listed below, based on a typical serving <sup>1,3</sup>.

• Canned soup (300ml) – 2.3g	• Corn flakes (30g serving) – 0.9g
• Baked beans (207g) – 2.0g	• 2 slices of white bread (60g) – 0.8g
• Salt & vinegar crisps (34.5g) – 1.1g	• 2 Digestive biscuits (30g) – 0.8g
• Cheddar cheese (56g) – 0.9g	• Blueberry muffin (72g) – 0.8g

## WHAT IS THE MEAT PRODUCTS INDUSTRY DOING TO REDUCE SALT?

- The meat products industry recognises the salt intake of the population is higher than is desirable for health. The meat industry supports the Government's drive to reduce salt consumption, has already made significant reductions in recent years, and has made a commitment to deliver a further 10% reduction in the average salt content of meat products by the end of 2005.
- While salt reduction has been encouraged for cured ham products, no blanket upper salt limits have been imposed as a result of food safety concerns. However, individual manufacturers that have the technical expertise are already producing lower salt ham products without compromising product safety.

# Salt and Bacon – Fact Sheet

## KEY FACTS

- Bacon is a cured meat product that contains added salt as a preservative.
- There can be variations in salt levels between products from different manufacturers.
- A typical portion of bacon (2 rindless back bacon rashers – 50g) contains on average around 2.4g salt <sup>1</sup>.
- Bacon is eaten on average once a week <sup>2</sup>– making a contribution of just 5.4% to our total targeted weekly salt intake.
- A typical portion of bacon has approximately the same salt content as a portion of many canned soups <sup>1</sup>.

## SALT IN BACON

- Fresh meat such as lamb and pork chops and beef steaks are naturally very low in salt. However, salt is added to a range of processed meat products including bacon.
- Salt is added to bacon for two main reasons:
- ***As a natural preservative*** - salting is one of the most traditional ways of preserving bacon. Removal of all salt from bacon could lead to food safety problems.
- ***Taste and texture*** - salt is a natural flavour enhancer, which contributes to the taste of bacon and also to the texture of the meat.
- 2 rashers of rindless back bacon contains on average around 2.4g salt <sup>1</sup>.
- 2 rashers of a rindless low salt bacon contain on average around 1g salt <sup>1</sup>.

## HOW CAN YOU REDUCE YOUR SALT INTAKE?

British Meat Information Service advice is:

- Where possible cook meals using fresh ingredients. Fresh red meat (pork, beef and lamb) is naturally very low in salt. For quick and convenient low salt meals using fresh meat please visit [www.meatmatters.com](http://www.meatmatters.com).
- Check food labels to select lower salt/sodium products.
- Use alternative sources of flavouring such as herbs, spices, lemon and lime juice.
- Add less salt when cooking.
- Get out of the habit of adding salt at the table – taste the food first.
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## DATA SOURCES

<sup>3</sup> National Diet and Nutrition Survey is an annual national survey that gathers information about the dietary habits and nutritional status of the British population. The results of the survey are used to develop nutrition policy and to contribute to the evidence base for Government advice on healthy eating.

<sup>4</sup> McCance & Widdowsan's The Composition of Foods Sixth Summary Edition, compiled by the Food Standards Agency and the Institute of Food Research, 2002.

## For Sale

2 Single phase table top vacuum packers:

- 1 Henko Vac (requires service) £80
  - 1 Webomatic - easy pack model (4 years old - good condition) £600
- Telephone Andrew 01592 770555

## For Sale

Avery Enterprise Counter scale with Cash Drawer, Printer and Print Rolls ( cost £ 2000 ) new - £500

- Butchers Chopping Block & 3' x 2' - £500
- Butchers Chopping Block 2' x 2' - £400
- Stainless Steel Carrier Bag Holder (Wall Hung) - £20
- Motorola Desk Top Charger with Clock - £20
- Large Wooden Shop Sign (Signwritten) - - £100
- Salter Spring Balance Scale (10" Brass Dial) - £150
- Telephone Handset (various) - £25 each

Telephone - 07788 521022 Mrs Richardson

## For Sale

Butchers shop and Bakery (Central Belt Village): Large Double fronted shop - currently run as one business with excellent passing trade - well equipped - easily managed - combined turnover £170k with good margin Tel 01501 751426 or 07771 776911

## Corporate Members

Corporate membership is by invitation and the following companies have supported the Federation by accepting our offer. Members should be aware that the following are supporting them: -

- AES**, Crossbush, Riccarton, Kilmarnock KA1 5LN Tel 01563 551122, Mobile: 07788 926925
- Bizerba (UK) Ltd**, Eastman Way, Hemel Hempstead, HP2 7DU Tel: 01442 240751
- Dalziel Ltd**, Belgrave Street, Bellshill Industrial Estate, Lanarkshire ML4 3JA Tel: 01698 749595
- East of Scotland Contracts**, Ferryhills Road, Inverkeithing, Fife KY11 1HD, Tel 01383 418610
- William Forrest & Son ( Paisley ) Ltd**, Omoa Works, Motherwell ML1 5LY Tel 01698 860149
- Kerry Ingredients (Lucas)** Portbury Way, Bristol BS20 7XN Tel 01943 864443
- KRH Ltd**, 1 Macgowan House, Nobel Busn Park, Stevenson, Ayrshire KA20 3LJ, Tel 01294 472755
- Macnaughton & Watson**, 423 Gallowgate, Glasgow, G40 2DY, Tel 0141 554 2757
- McAusland Crawford**, 79-81 Abercorn Street, Paisley PA3 4AS Tel 0141 849 7033
- Paragon Products**, Newhailes Ind Estate, Newhailes Road, Musselburgh, Tel: 0131 653 2222
- Scotweigh**, Unit 2, Granary Square, Bankside, Falkirk, FK2 7XJ, Tel 01324 611311
- Stockline Plastics**, Grovepark Mills, Hopehill Road, Glasgow, G20 7NF, Tel 0800 262015
- Styropack**, Craigshaw Road, West Tullos Ind Estate, Aberdeen. Tel: 01224 873166
- Turner Vehicle Bodies**, Carseview Rd, Suttieside Ind Estate Forfar, DD8 3BT Tel: 01307 462142
- William Sword Ltd.**, Blairlinn Ind Est, Cumbernauld, G62 2TX Tel: 01236 725094