



# Natasha's Law – Update

## 25.08.21

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The new Food Information (Amendment) Regulations 2019, more commonly known as Natasha's Law is due to come into force on the 1<sup>st</sup> October this year.

We are now approaching our 'go live' for Natasha's Law with the new labelling functionality being available within the Source from Monday 6<sup>th</sup> September.

It is therefore vitally important that all Compass units who sell pre-packaged food for direct sale (PPDS) are prepared and ready to begin labelling from this date.

### Units will need the following:

- Access to the Source for menu planning purposes
- A working printer
- Supplies of printer ink
- Planglow account
- Stock of labels from Planglow \* (see below)

### And:

- Completed the Natasha's Law e-learning training
- Briefed all relevant staff

## Labels

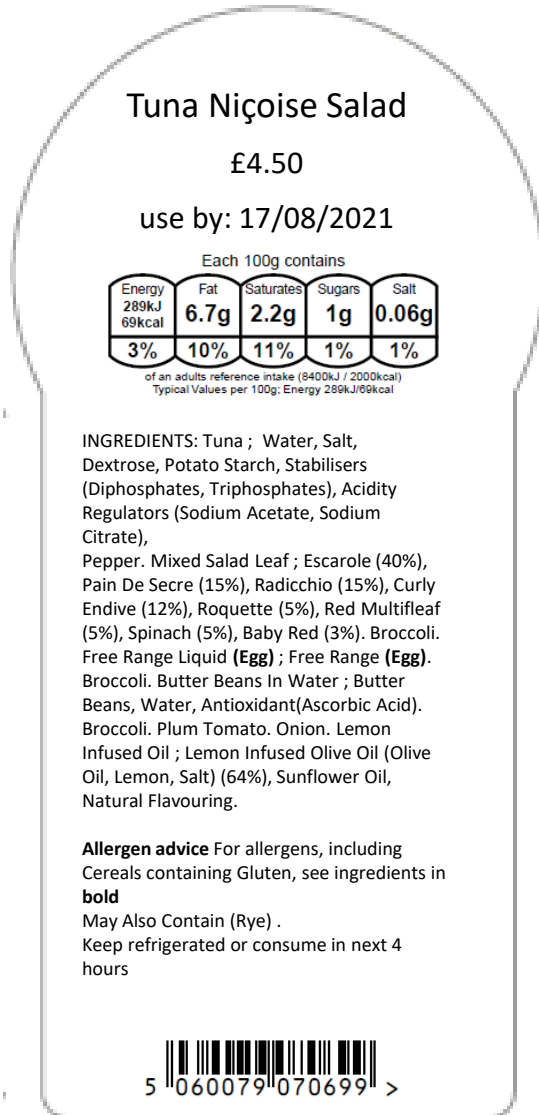
It is important to understand the type of 'grab & go' food products you are offering for sale within your unit to help determine which label type is best. There are a number of different label styles and size options available.

Please review the following slides which outline the different label options and sizes available from Planglow

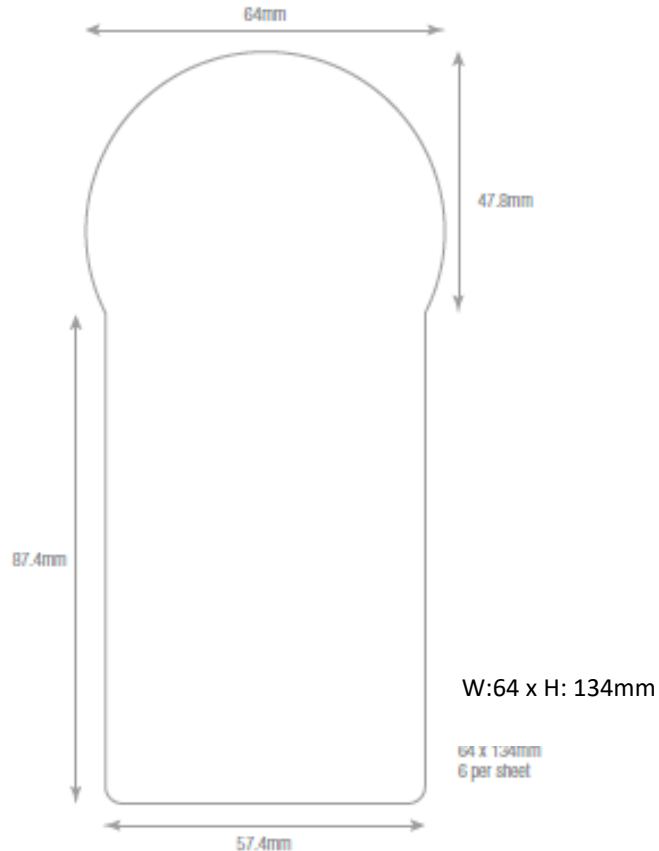
### Actions:

1. Review your PPDS grab & go food offer
2. Review the label options listed below to determine the most suitable design and size option to fit your products. Note: you may need more than one design and size to accommodate the range of different products you have within your grab & go offer. **Small stickers** would be primarily **used simple fruit salad pots, cheese & tuna protein pots etc.** **Medium and large stickers** would be primarily **used for unit made sandwiches, baguettes, hot bacon rolls etc.** **So a range of stickers is recommended.**
3. Order the correct size and shape label via your Planglow account **before Wednesday 6th September.**
4. Order and receive the stock ahead of the system go live from 6<sup>th</sup> Sept.
5. Begin labelling your PPDS offer ahead of the 1<sup>st</sup> October deadline.

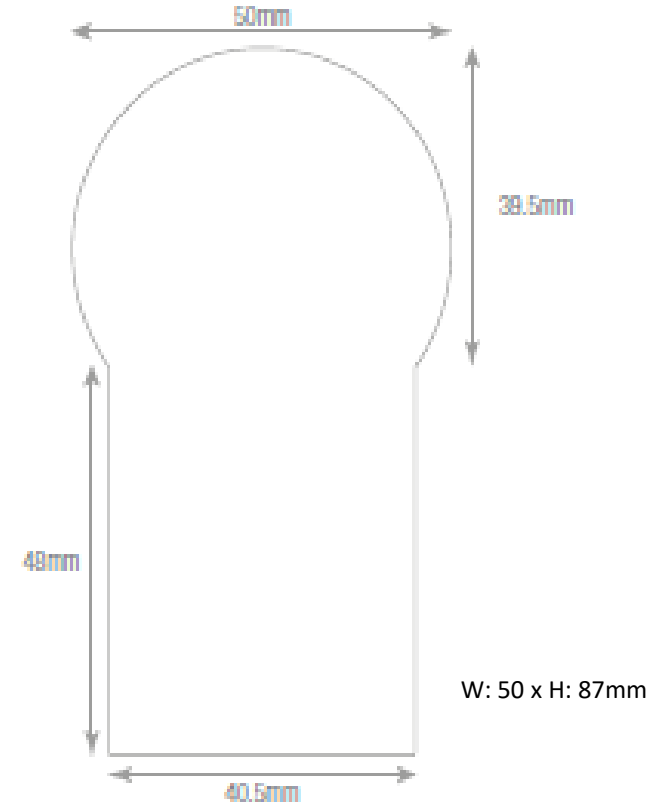
# Keyhole Stickers



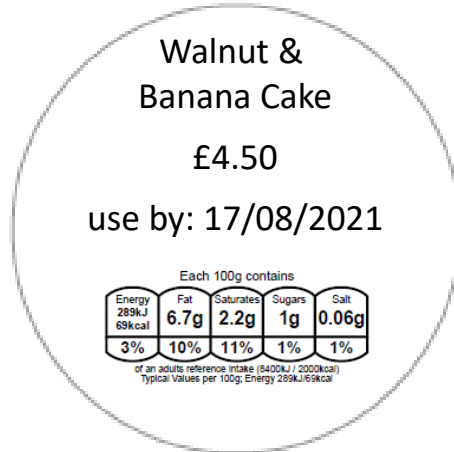
Large Keyhole Sticker  
(6 per A4)



Medium Keyhole Sticker  
(9 per A4)



# Circle Split Stickers

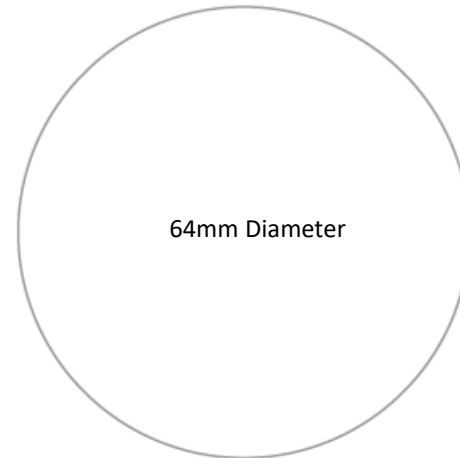


INGREDIENTS:00 Flour ; Soft (**Wheat**) Flour  
Granulated Cane Sugar. Flora Original Spread ;  
Ingredients Plant Oils (Sunflower, Rapeseed,  
Palm1, Linseed), Water, Salt, Plant Based Emulsifier  
(Sunflower Lecithin), Vinegar, Natural Flavourings,  
Vitamin A. Free Range Liquid (**Egg**) ; Free Range (**Egg**).  
Water. Bicarbonate Of Soda ; Sodium  
Bicarbonate. Coconut (**Milk**) Powder Mix ;  
Coconut (**Milk**) Powder (78%), Maltodextrin,  
(**Milk**) Protein (Sodium Caseinate), Stabiliser  
(Trisodium Phosphate). Cooking Salt ; Salt,  
Anti-Caking Agent E535.

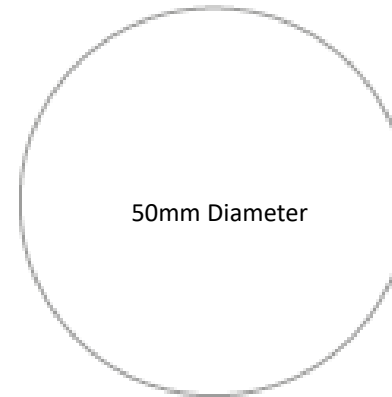
**Allergen advice** For allergens, including Cereals  
containing Gluten, see ingredients in **bold**  
May Also Contain (Celery, Fish, Barley) .  
Keep refrigerated or consume within 4 hours



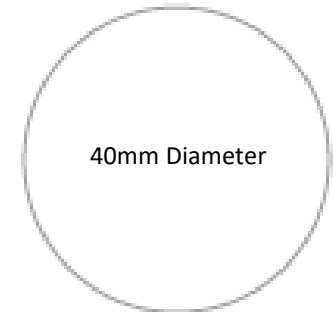
Large Circle Split  
(6 per A4)



Medium Circle Split  
(9 per A4)



Small Circle Split  
(12 per A4)



# Rectangle Stickers

Coronation Chicken Sandwich on Wholemeal Bread

£3.00

use by: 17/08/2021


Each 100g contains				
Energy	Fat	Saturates	Sugars	Salt
269kJ 65kcal	6.7g	2.2g	1g	0.06g
3%	10%	11%	1%	1%

of an adults reference intake (8400kJ / 2000kcal)  
Typical Values per 100g; Energy 269kJ/65kcal

INGREDIENTS: White Bread ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt. Chicken, Flora Margarine; Plant oils (sunflower, rapeseed, palm1, linseed) water, salt plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Light Mayonnaise; water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Water, rapeseed oil 25%, spirit vinegar, modified starch, pasteurised **(Egg)** \*3.5%, sugar, salt, pasteurised **(Egg)** yolk \*1%, thickener (xanthan gum), lemon juice concentrate, preservative (potassium sorbate), antioxidant (calcium disodium EDTA), acid (malic acid), natural flavour. \*Whole Black Pepper.

**Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**

Keep refrigerated or consume in next 4 hours



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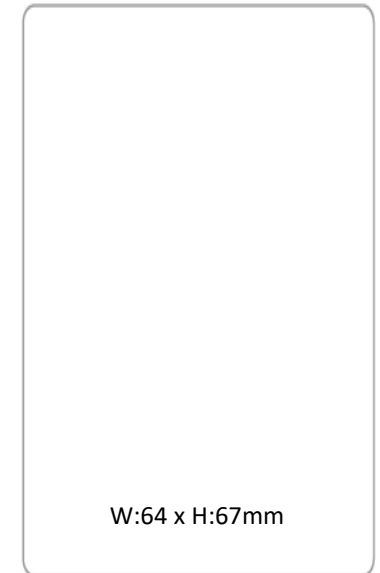
Large Rectangle Sticker  
(6 per A4)



Medium Rectangle Sticker  
(9 per A4)



Small Rectangle Sticker  
(12 per A4)



## Rectangle Stickers - Ingredient Only Print Option

Coronation Chicken Sandwich on  
Wholemeal Bread

£3.00

use by: 17/08/2021

INGREDIENTS: White Bread ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt. Chicken, Flora Margarine; Plant oils (sunflower, rapeseed, palm1, linseed) water, salt plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Light Mayonnaise;\_water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Water, rapeseed oil 25%, spirit vinegar, modified starch, pasteurised **(Egg)** \*3.5%, sugar, salt, pasteurised **(Egg)** yolk \*1%, thickener (xanthan gum), lemon juice concentrate, preservative (potassium sorbate), antioxidant (calcium disodium EDTA), acid (malic acid), natural flavour.\*Whole Black Pepper.

**Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**

Keep refrigerated or consume in next 4 hours.



Large Rectangle Sticker  
(6 per A4)

W:63mm x H:140mm


## Rectangle Stickers – XL Ingredient Only Print Option

Breakfast Box  
Bacon, Sausage & Fried Egg  
£4.95  
use by: 17/08/2021

INGREDIENTS: Pork Sausage ; Pork, Salt, Paprika, Spices, Sugar, Antioxidant (E-301), Starter Culture, Preservatives (E-252, E-250), Surface Treatment; Olive Oil, Preservatives (E-202, E-235), Edible Natural Pork Casing, Prepared With 155 G Of Pork Per 100g Of Final Product. Salt, Starter Culture, Microbial Rennet), Potato Starch. Bacon ; Pork. **(Egg)**; Vegetable Oil.

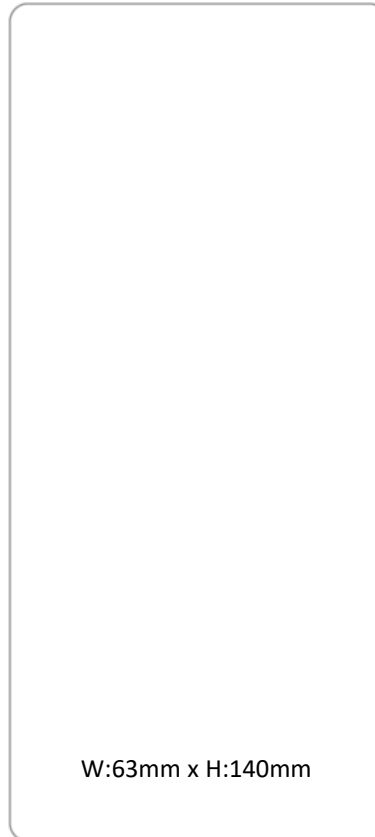
**Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**

Keep refrigerated or consume in next 4 hours



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Large Rectangle Sticker  
(6 per A4)



# Rectangle Split Stickers

## Large Rectangle Split Sticker (6 per A4)

## Medium Rectangle Sticker (9 per A4)

Coronation Chicken Sandwich on Wholemeal Bread

£3.00

use by: 17/08/2021

Each 100g contains


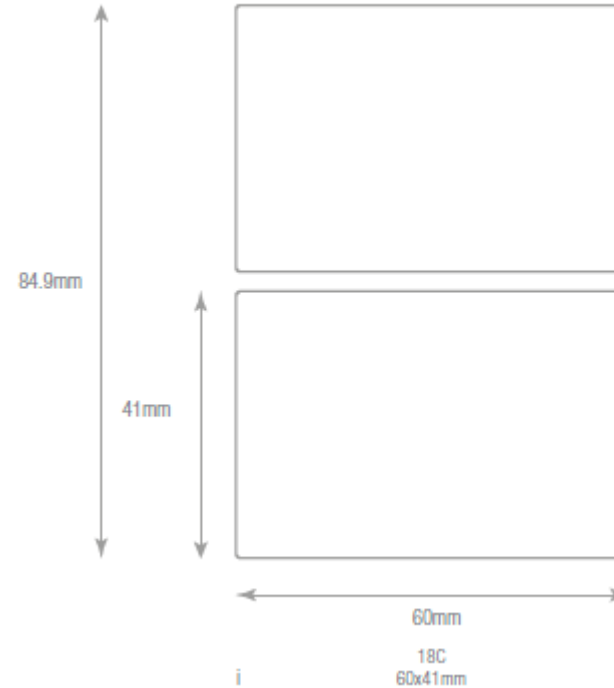
Energy	Fat	Saturates	Sugars	Salt
289kJ 69kcal	6.7g	2.2g	1g	0.06g
3%	10%	11%	1%	1%

of an adults reference intake (8400kJ / 2000kcal)  
Typical Values per 100g; Energy 289kJ/69kcal

INGREDIENTS: White Bread ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Chicken, Flora Margarine; Plant oils (sunflower, rapeseed, palm1, linseed) water, salt plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Light Mayonnaise; water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Water, rapeseed oil 25%, spirit vinegar, modified starch, pasteurised **(Egg)** \*3.5%, sugar, salt, pasteurised **(Egg)** yolk \*1%, thickener (xanthan gum), lemon juice concentrate, preservative (potassium sorbate), antioxidant (calcium disodium EDTA), acid (malic acid), natural flavour.\*Whole Black Pepper.

**Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**

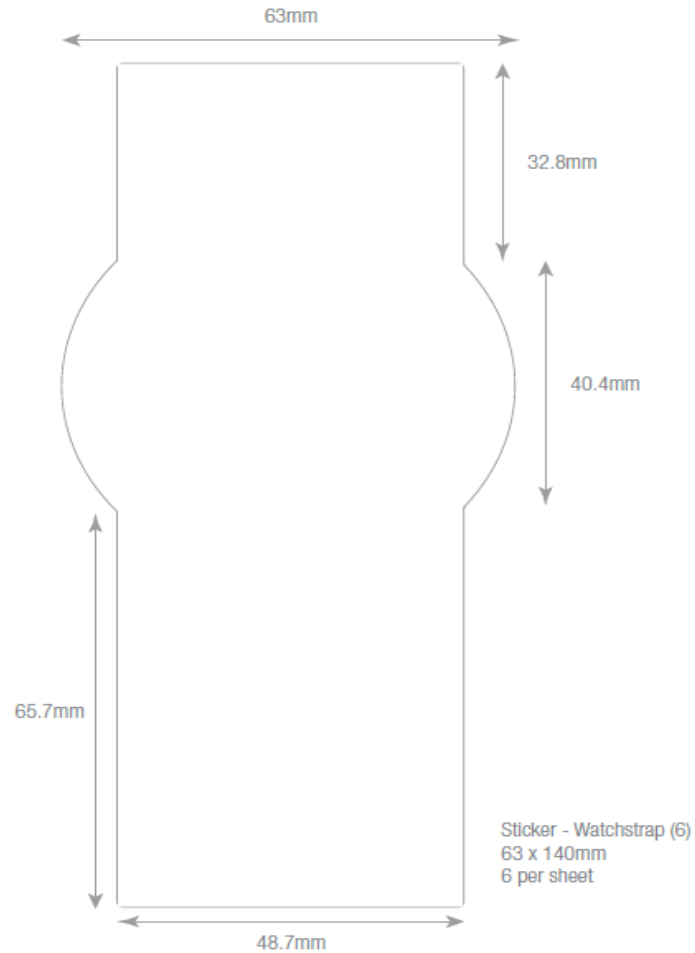
Keep refrigerated or consume in next 4 hours.



# Watchstrap Stickers

## Large Watchstrap Sticker (6 per A4)



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Coronation Chicken  
Sandwich on Wholemeal Bread

£3.00

use by: 17/08/2021

Each 100g contains				
Energy 289kJ 69kcal	Fat 6.7g	Saturated 2.2g	Sugars 1g	Salt 0.06g
3%	10%	11%	1%	1%

of an adult reference intake (4000kJ/2000kcal)  
typical values per 100g, Energy 289kJ/69kcal

INGREDIENTS: White Bread ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt, Chicken, Flora Margarine; Plant oils (sunflower, rapeseed, palm1, linseed) water, salt plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Light Mayonnaise; water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A, Water, rapeseed oil 25%, spirit vinegar, modified starch, pasteurised **(Egg)** \*3.5%, sugar, salt, pasteurised **(Egg)** yolk \*1%, thickener (xanthan gum), lemon juice concentrate, preservative (potassium sorbate), antioxidant (calcium disodium EDTA), acid (malic acid), natural flavour.\*Whole Black Pepper.

**Allergen advice** For allergens, including Cereals containing Gluten, see ingredients in **bold**

Keep refrigerated or consume in next 4 hours.

## App Pre-order Stickers

### Only required for Units using Pre-Order Apps (T2E, Feedr, Yoyo Preoday)

#### John Smith Lunch Order

Beef Rogan Josh; INGREDIENTS: Paste Rogan Josh Chefs Speciality 1.1KG (**Mustard**), Garlic Greens Chopped 250g, Bouillon Powder Beef Knorr Essential 3KG, Water Cold 1L, Tomatoes Chopped Canned Riverdene 2.5KG, Spices Garam Masala Powder Brakes 450g, Cloves Whole Chef William 360g, Puree Ginger Knorr 750ml, Oil Rapeseed Extended Life B/B 20L, Spice Cardamom Ground 1KG, Cinnamon Sticks Brakes 180g, Saffron Strands SFC Brakes 1.25g, Saffron 1g, Cardamom Green Whole Brakes 285g, Yoghurt Greek Half Fat 5L (**Milk**), Spices Cumin Seeds 500g, Beef Chuck Diced, Herb Bunched Coriander BB 100g, Onion Cooking Premium 2.5KG  
May Also Contains Celery, Peanuts, Sesame, Soybeans, SulphurDO2/Sulphites

Basmati Rice; INGREDIENTS:; Rice Basmati 5KG.

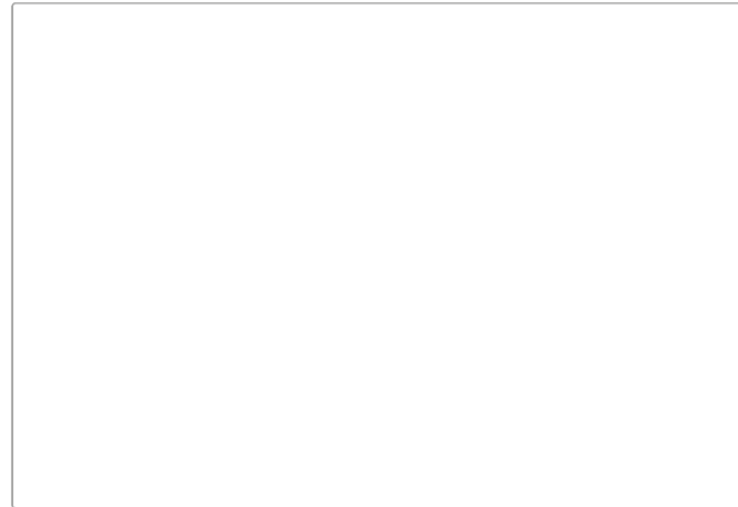
Poppadum; INGREDIENTS: : Oil Rapeseed Extended Life B/B 20L, Poppadum Extra Large Chefs Speciality 1KG (**Milk**)

May Also Contains Celery, Peanuts, Sesame, Soybeans, SulphurDO2/Sulphites

**Allergen Advice:** For allergens, including Cereals containing Gluten, see ingredients in **bold**.

*Please be advised that ingredients / allergens may be subject to change from time of purchase to time of collection and will be printed daily upon issue of your order*

#### App Standard Pre-Order Sticker (4 per A4)



Sticker - Pre Order Large (2)  
200 x 136mm  
2 per sheet

#### App Large Pre-Order Sticker (2 per A4)



Sticker - Pre Order Standard (4)  
100 x 136mm  
4 per sheet

## Natasha Law Labels & Code - Planglow Ordering

Sticker Name	Planglow Order Code	Sticker Measurements Width (W) & Height (H)	Source Label Size	Pack Size	Estimate Cost – Per Box
Sticker-Keyhole (6 per A4)	COM017	W:64mm x H:134mm	Large	500 Sheets	£69.90
Sticker-Keyhole (9 per A4)	COM002	W:50mm x H: 87mm	Medium	500 Sheets	£69.90
Sticker Circle Split (6 per A4)	COM003	64mm Diameter W: 64mm x H: 64mm	Large	500 Sheets	£69.90
Sticker Circle Split (9 per A4)	COM004	50mm Diameter W: 64mm x H: 38mm	Medium	500 Sheets	£69.90
Sticker-Circle Split (12 per A4)	COM005	40mm Diameter W: 40mm x H: 40mm	Small	500 Sheets	£69.90
Sticker-Rectangular (6 per A4)	COM006	W:63mm x H:140mm	Large	500 Sheets	£69.90
Sticker-Rectangular (9 per A4)	COM007	W:65 x H:90mm	Medium	500 Sheets	£69.90
Sticker-Rectangular (12 per A4)	COM008	W:64 x H:67mm	Small	500 Sheets	£69.90
Sticker-Rectangle Split (6 per A4)	COM009	W:64mm x H:136.8mm	Large	500 Sheets	£69.90
Sticker-Rectangle Split (9 per A4)	COM010	W:60mm x H:84.9 mm	Medium	500 Sheets	£69.90
Sticker-Watchstrap (6 per A4)	COM011	63mm Diameter W:63mm x H:140mm	Large	500 Sheets	£69.90
Sticker-App Pre-order Standard (4 per A4)	COM013	W:100mm x H:136mm	Standard	500 Sheets	£69.90
Sticker-App Pre-order Large (2 per A4)	COM014	W:200mm x H:136mm	Large	500 Sheets	£69.90
Square (6)	COM015	W:105mm x H:98.8mm	UK	100 Sheets	£24.97
Square (8)	COM016	W:105mm x H:74mm	Ireland	100 Sheets	£24.97