

*A commitment to healthy and sustainable eating*

## **EROSKI RENEWS ITS COMMITMENT TO HEALTH AND SUSTAINABILITY**

- The cooperative summarizes in 10 commitments its proposal to contribute to a society with higher health and wellbeing rates
- It undertakes to eliminate palm or coconut fats from all its own-brand products by 2020
- 100% of the eggs sold in its stores will be barn eggs by 2024
- More than 5,000 people (members, workers, customers and stakeholders) have collaborated in the preparation of these commandments
- EROSKI reaffirms its long-standing commitment, acquired when it was established nearly 50 years ago, to have a positive influence on the quality of life and the sustainable development of society

Elorrio, 4 April 2018.- [EROSKI](#) renews its health and sustainability commitments and summarizes them in ten commandments aimed at contributing to a more sustainable society with higher health and wellbeing rates.

It is an update of the long-standing commitments made by EROSKI to consumers and society when it was established, nearly 50 years ago, so as to contribute to and have a positive influence on the quality of life and the sustainable development of society, thus remaining true to its social nature and vocation as a cooperative. More than 5,000 people, including members, workers, customers and stakeholders have collaborated in the preparation of these commandments.

The ten commandments defined in the version renewed by the cooperative focus on food safety, easy access to healthy eating at an affordable price and information:

1. Engage in food safety.
2. Promote a balanced diet.
3. Prevent childhood obesity.
4. Meet specific nutritional needs.
5. Encourage responsible consumption.
6. Offer more local products.
7. Help eating well at a reasonable price.
8. Act clearly and transparently.
9. Take good care of ourselves as workers.
10. Promote a healthier lifestyle.

*"We reaffirm our aim to contribute to a more sustainable society with higher health and wellbeing rates by promoting healthy eating. We are principally a food trader, the main food supplier for many consumers, which involves great responsibility.*

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*Our challenge is to move together towards a healthier society”,* EROSKI’s Health and Sustainability Manager, Alejandro Martínez Berriochoa, explained.

The first four commitments are related to nutrition and to safe, healthy and balanced eating. Thus, the first has to do with food safety, a basic condition for products, especially own-brand products, as well as for premises. EROSKI has a preventive quality plan through which it carries out more than 11,000 product analyses and audits more than 400 suppliers a year.

### **Elimination of palm fat in own-brand products by 2020**

EROSKI undertakes to offer a balanced food proposal in the second commitment. To that end, on the one hand, it promotes the food groups which must be eaten more frequently as part of a balanced diet, and on the other, it revises the recipes of those own-brand products which must be eaten less often so as to improve their nutritional profile by reducing the amount of salt and sugar, improving their fat content... Since 2013 EROSKI has been reducing and in 2017 it eliminated more than 325 tonnes of sugar, fat and salt so as to improve its own-brand products. Noteworthy among the lines of work developed around this commitment is the elimination of palm or coconut fats from all its own-brand products by 2020.

The cooperative focuses the third commitment on children. In order to prevent childhood obesity, a major threat for the little ones nowadays, EROSKI will work on reformulating its own-brand products aimed at kids so that their composition is more adequate. Likewise, EROSKI carries out powerful training programmes for children and their closer environment -school and family- with which they intend to train more than two million children and their families in healthy life habits by 2025. So far more than 760,000 children have participated in the [Healthy Eating and Habits Education Programme](#) which is carried out by EROSKI at schools all over Spain through its [Eating School](#).

Those who require specific foods due to food intolerances, such as celiac disease, allergies... or due to needs derived from the various life stages or lifestyles find a response in the fourth commitment. EROSKI states its willingness to meet this demand in such a way that the range of products is safe, sufficient for the ordinary shopping and at an affordable price.

### **More sustainable consumption patterns**

But in addition to being healthy and well-balanced, responsible eating must be sustainable and EROSKI’s fifth and sixth commitments deal with this. The sustainability of processes, premises and products is an economic, social and ethical requirement. The sustainable use of resources, the reduction of the environmental footprint, the promotion of the circular economy, the prevention of climate change, the defence of biodiversity... are unavoidable imperatives compiled by EROSKI in its ten commandments. The cooperative will continue reducing the environmental footprint of its stores, logistics fleet and products. In order to make

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shopping easier for those who buy more sustainable products as well as to contribute to their training, EROSKI undertakes to continue incorporating eco-design criteria in its own-brand products, improve animal wellbeing and include differential sustainability criteria in its own brands (especially fresh products). Noteworthy among the actions to be implemented in the next years is the elimination of colorants, antioxidants and preservatives from its own-brand products, the progressive elimination of phytosanitary treatments from EROSKI and EROSKI Natur fruit and vegetables in two years and its commitment that 100% of the eggs sold in its stores will be farm eggs by 2024, among others.

The promotion of more sustainable eating not only has to do with environmental aspects, but also social ones. The social and economic development of the surrounding area, the promotion of employment and local wealth and the respect for the local gastronomic culture are the focus of EROSKI's sixth commitment to health and sustainability. The cooperative addresses it from the point of view of a distribution company with a close and supporting relationship with local agro-food suppliers as well as a wide and varied choice comprising more than 20,000 local products from 2,000 small producers, and from the point of view of a social agent, by getting involved in the social, cultural and solidarity issues of the area in which it operates, to which it has returned a large part of its business profit from the start.

The last four commitments focus on how to promote the previous ones and collaborate to reach them. EROSKI wants to democratize health and sustainability and that is the aim of the seventh commitment. The cooperative wants to reduce the barrier which price can often be in the access to certain foods which are necessary for a balanced diet.

In the eighth commitment, EROSKI undertakes to offer clear and transparent information as regards its commercial proposal (labelling, brochures, magazines...), informing and recommending the best options through the usual means of relating to customers.

As a cooperative, workers play an essential and different role and are an end in themselves. Training in health, sustainability and wellbeing as well as the promotion of healthy life habits form part of the ninth commitment to improve their quality of life.

EROSKI, as a consumer cooperative, has always stood out for the training of and the information to consumers. And the training of consumers is where the cooperative focuses its efforts in the tenth commitment, which completes the commandments, so as to help them make healthier and more sustainable choices through education. And they do so through training activities developed by the EROSKI Foundation and EROSKI Club. Thus, in an attempt to place advanced personalized nutritional diagnosis tools at the service of consumers, in 2017 they launched [Ekilibria](#). It is a pioneering programme in Spain which places an advanced

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personalized nutritional diagnosis tool at the disposal of any Member of the EROSKI Club.

Moreover, for more than 40 years now, the cooperative has been promoting high quality information on health and sustainability through the Consumer magazine and [www.consumer.es](http://www.consumer.es) with more than 5 million readers a month. It also develops its vocation to promote healthy eating and healthy life habits among citizens through its *Eating School*, with an educational programme aimed at schoolchildren. This programme is supplemented with a family classroom which extends the healthy education project to families. The Eating School also intends to be a meeting place for health professionals, teachers, parents, schoolchildren and citizens, providing high quality topical information resulting from knowledge.

*“At EROSKI we want to contribute to healthier, more sustainable and more responsible eating in two ways: first, by making better products available to consumers, so that it is easier to build a more balanced diet; secondly, by providing information and training to consumers so that they are more knowledgeable when designing their diet; it all forms part of a commitment inherent to our cooperative mission”,* Martínez Berriochoa explained.

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