# Taking responsibility.

## Sustainability at Pfeifer & Langen





Foreword

04

**06** <u>Pfeifer</u> & Langen at a glance

**08** Towards the future

**10** Sustainable sugar beet cultivation

**16** For climate and environment **26** The human being in focus

**32** Reliable supply chains

**36** Resource-saving packaging

**40** Enjoy variety





#### Dear readers,

sustainable business is a core value for Pfeifer & Langen, and one that we have been pursuing since our founding in 1870. For us, everything revolves around the domestic beet from which we produce regional sugar. Today's world is marked by profound events. Dealing with geopolitical challenges, disrupted supply chains, the accompanying energy shortages and high energy costs are all in focus. In addition, regulatory requirements are increasing. The EU Commission has proclaimed the Green Deal. One component is the Farm-to-Fork strategy. This programme for the future is demanding and requires immense efforts from all actors in its implementation.



f. l. t. r.: Michael Schaupp, Uwe Schöneberg, Martin Vesper

Regardless of all current adversities, we want to be part of the solution. As a family business with a long tradition, we are addressing issues to shape the future in a sustainable way. With the adoption of our Sustainability Strategy 2030, we have taken a big step forward.

We are actively shaping the transformation of the food industry and, to this end, are strengthening our multi-layered, future-oriented investments. We are committed to the Paris Climate Agreement and thus support the goal of limiting global warming to 1.5 degrees. Reliable political framework conditions and fewer bureaucratic hurdles are important prerequisites on this path. "Taking responsibility." is the headline of our new sustainability report. For us, this is both a claim and an obligation. We act for the future of all of us, for the environment, for our employees and for our company. This report shows how advanced our family business is on key sustainability issues and why sugar beet products not only stand for a future-oriented and sustainable nutrition, but also offer solutions in the sense of a circular economy.

We wish you an exciting read!

### **Pfeifer & Langen at a glance**

For over 150 years, our Cologne-based family business has been synonymous with sugar and sugar specialities made from the local sugar beet. Our products are manufactured throughout Europe in state-of-the-art facilities and with innovative processes.

What drives us every day: The aspiration to make good things even better. Together with our partners, for our customers.



#### Our company in figures (2022)













over 1.8 Mio. t of sugar<sup>\*</sup> (2022/23 campaign)



several 100 different sugar varieties



\*Proforma presentation incl. the 50 percent joint venture in Ukraine

### **Towards the future**

Our Sustainability Strategy 2030



We stand for future-oriented, sustainable nutrition and offer solutions in the sense of a circular economy with our products from sugar beet.



We are actively shaping the transformation of the food industry and thus bear responsibility for the sustainable development of the world.



We develop solutions and contribute to growing sufficient quantities of beet in the regions even more sustainably.



We operate in a circular manner and continuously reduce our environmental footprint in compliance with the 1.5 degree target.



We use sustainability as a differentiator in a changing food behaviour and competitive environment.



We see people as the basis of our corporate sustainability.

ECONOMIC

ECOLOGIC

SOCIAL

#### Sustainable Development Goals (SDGs): 11 of particular relevance

The SDGs are an essential part of the 2030 Agenda for Sustainable Development, which was adopted by the member states of the United Nations in 2015. The goals are intended to lead to more environmental and climate protection, prosperity, social justice, self-determination and peace worldwide by 2030. The SDGs are structured into 17 goals. In this report, we show in the respective chapters what Pfeifer & Langen contributes to the achievement of the SDGs. For this purpose, we have analysed which of the 17 SDGs are of particular relevance to our business activities.



## Sustainable sugar beet cultivation

10

### For a transformation with a sense of proportion

Sustainable food production also includes sustainable agriculture. Together with our beet growers, we are actively working on efficient solutions to make sugar beet cultivation even more sustainable.



Our Sugar Beet Agricultural Information Service (LIZ) in Germany and Poland The LIZ cultivation advisory service

is a fixed pillar in Pfeifer & Langen's sustainability management. It offers

many decision-making aids and advises beet growers both personally on site and digitally on all aspects relating to sugar beet. This means that the best cultivation measure can always be carried out at the right time:



We have been a member of the global Sustainable Agriculture Initiative Platform (SAI Platform) since 2023. The SAI Platform aims to make agricul-

O t/ha

**9.7** t/ha

**3** t/ha

Germany

Poland

Ukraine

tural practices more sustainable.

Average sugar yields in Germany, Poland and Ukraine (2022/2023 campaign)





#### Less fertilizer

Our digital programmes "LIZ Dungpro" and "LIZ Npro" help to apply fertiliser in a targeted manner and adapted to the needs of the sugar beet.



#### Application maps

In cooperation with service providers, we plan digital application maps for fertilisation. They

provide an overview of the nutrient status of the arable land. Based on this, fertilisers can be applied specifically according to nutrient requirements. This counteracts an undersupply and oversupply of fertilisers in the fields.

We rely on chopping robots for autonomous weed control.



#### Camera-assisted weed control

Since inadequate weed control can lead to high yield losses, we are working on future-oriented solutions:



#### Spot-spraying trials

Weeds and field crops are identified in milliseconds by high-resolution cameras. The crop protection prod-

uct is therefore only applied to the place where it is needed.



## Chopping and chopping belt spraying systems

Together with various partners, we are

testing camera-supported chopping and chopping belt spraying systems. Mechanical or mechanical-chemical weed control can save herbicide expenditure by up to 50%.



#### Chopping robot

Together with Farming Revolution, we are developing an app-controlled chopping robot for autonomous weed control. With the help of a camera, the

robot recognises the weeds and removes them mechanically using a chopping technique. The aim of the project is to regulate weeds in a targeted manner, thereby saving on chemical pesticides and manual work steps.

#### Monitoring against leaf diseases

Together with the beet growers, the beet growers' associations, and the official advisory services in our growing regions, we have been carrying out leaf disease monitoring for more than 20 years. At around 130 locations, sugar beet is examined once a week during the summer months for the occurrence of important beet leaf diseases such as Cercospora beticola and Ramularia beticola. The data is digitally recorded and evaluated so that an overview of the occurrence of leaf spots in the respective cultivation regions is possible at any time. Based on this data, plant protection measures can be carried out in a targeted and needs-oriented manner.

#### In addition, we are testing further supplements to classic chemical crop protection:

- Selection of suitable varieties
- Testing of prognosis algorithms for diseases and pests
- Tests on the fungus Metarhizium, which is effective against pests

## Outlook

60

In light of climate change and the associated weather extremes, we are committed to new, efficient breeding methods. They increase crop yields, minimise pesticides and fertilisers and thus conserve natural resources.







#### Our "FlowerBeet" Project

The "FlowerBeet" project is investigating whether an infestation of aphids in sugar beet can be controlled by beneficial insects such as ladybirds, lacewings, hoverflies, and ichneumon wasps, thus minimising the use of insecticides. Especially the early infestation with aphids, combined with the transmission of yellowing viruses, leads to considerable yield losses in sugar beet cultivation. Fivemetre-wide flower strips are planted in beet fields or at their edges. This is intended to specifically promote beneficial insects for aphid control as well as biodiversity in the agricultural landscape. The main components of the flowering strips are native plants such as cornflower, corn poppy, marigold, and red clover. These plant species attract beneficial insects early in the year.

#### By 2024: Flower strips at 20 sites in the Rhineland

The project takes place in cooperation with the Centre for Biodiversity Monitoring and Nature Conservation Research (ZBM), the Institute for Sugar Beet Research (IfZ), the Rhineland Beet Growers Association (RRV) and the Plant Protection Service of the North Rhine-Westphalia Chamber of Agriculture.



#### We promote biodiversity

It is not only the beet fields that contribute to strengthening biodiversity, but also various projects at our sites:



#### Breeding place for the peregrine falcons

Since April 2022, we have been promoting the development of the pop-

ulation of peregrine falcons around Lage in cooperation with the foundation "Pro Artenvielfalt". The 30-metre-high silo on our factory premises is ideally suited for this purpose, as it offers opportunities for a free approach and is thus an ideal breeding ground.



Always upstream

Together with the city of Lage, we are planning to renew a fish ladder in the river Werre. This hydraulic engineering facility will enable fish to easily over-

come barriers during their migration.



#### Eldorado for water birds

At the Könnern site, we support the monitoring of resting waterbirds that have found a habitat in

the area of our storage and safety ponds.



#### Colourful and useful

Also, in Könnern, we have created a 2000 m<sup>2</sup> flowering meadow on the site. This creates habitat and pro-

motes biodiversity.



#### We are thinking of bees

In addition to pollen and water, a bee colony also needs a permanent

supply of energy-rich food. For this purpose, we offer beekeepers an extensive range of bee sugar products.





SDG 2: Regional sugar beet cultivation contributes to food security. We provide targeted advice to agriculture to increase productivity.



SDG 15: Together with our beet growers, we focus on sustainable, future-proof agriculture and contribute to biodiversity and landscape protection.



**13** CLIMATI

SDG 13: We work on measures to further develop climate protection in agriculture.

## For climate and environment

### **Our path to climate-neutral sugar production**

Our aim is to operate in an environmentally friendly manner over the long term. By 2040 at the latest, we want to produce in a climate-neutral manner and cover our energy needs entirely from renewable resources. To achieve this, we are investing in new technologies.

#### Corporate carbon footprint determined

In 2022, we have had our company's carbon footprint (CCF) calculated for Germany and Hungary for the first time for the 2021 financial year. The calculation is based on the international standard of the Greenhouse Gas Protocol (GHG) and considers the three system boundaries Scope 1, 2 and 3:

#### Our commitment to the Science Based Targets initiative (SBTi)

Pfeifer & Langen has committed in 2022 to set company-wide emission reductions in the short term in line with climate science according to the SBTi. As a result, limiting global warming to 1.5 degrees is decisive for us.

Scope 1: Direct greenhouse gas emissions

#### Scope 2:

 Indirect greenhouse gas emissions from externally generated energy

#### Scope 3:

Other indirect greenhouse gas emissions



DRIVING AMBITIOUS CORPORATE CLIMATE ACTION



The SBTi is a joint initiative of the Carbon Disclosure Project (CDP), UN Global Compact (UNGC), World Wide Fund for Nature (WWF) and the World Resources Institute (WRI).

In addition to energy savings, we are strategically focusing on renewable resources and thus on the combination of biomass, wind, and sun in order to be able to produce in a climate-neutral manner by 2040 at the latest.



Due to the geopolitical situation, we had to resort to available energy sources at short notice in 2022, which meant that our  $CO_2$  emissions in 2022 were higher than planned.



While the amount of sugar produced increased in 2021, the specific energy consumption per tonne of sugar produced in the German production plants continued to fall.



#### Leading the way: our activities since 2021





#### Use of own biomass as an energy source

Pfeifer & Langen's decarbonisation strategy is based on the use of its own biomass, which is inevitably produced in the process. Part of this sugar beet pulp is used as a tried and tested carbohydrate-rich animal feed. The other part will be converted into bioenergy in the future. This energy is sufficient to supply the respective site with energy.





#### **Optimising logistics**

We are also constantly reducing emissions in logistics: In the 2021 and 2022 campaigns, the first step was to transport more than 44,000 tonnes of sugar beet by rail. This reduced the number of truck transports and the associated fuel consumption.

To avoid empty kilometres in our sugar transports, we are further optimising our truck logistics with our new Transport Management System (TMS).

For our final product, we rely on intermodal transport whenever possible. In particular, we have increasingly used rail transport for our deliveries to Romania since 2021.

Könnern 2021+2022: 44,000 t of sugar beet transported via rail



From 2023: **Transport of sugar between** Jülich and Elsdorf sites using biogas-powered trucks



## Our expertise for a climate-neutral industrial region North Rhine-Westphalia

In order to shape the process of transformation towards climate neutrality, the state government has concluded the Industrial Pact for Climate Neutrality and Competitiveness with around 20 industrial companies and 11 industry and technology associations. Since we see ourselves as part of the solution, it was a great concern for us to be among the first signatories of the industrial pact. As part of the core team, we now have the opportunity to contribute to the development and implementation of solutions.



Further information on the Industry Pact can be found here on the website. North Rhine-Westphalia is to be developed into Europe's first climate-neutral industrial region by 2045.





**SDG 6**: Water is precious and must not be wasted. We can use the water from the sugar beet for our production process.



**SDG 7**: To achieve the climate goals, we rely on sustainable energies and thus on the combination of biomass, wind, and sun.



**SDG 9**: By investing in modern and promising technologies and the resulting improved resource and energy efficiency, we contribute to sustainable industrialisation.



**SDG 12**: We live a circular economy and work in a resource-conserving way. Sugar has an unlimited shelf life and thus contributes to avoiding food waste.



**SDG 13**: We reduce our ecological footprint. Be it with the modernisation of plants or the use of alternative energy sources.

## Outlook



Könnern: 2024 Replacement of 60,000 t coal with wood pellets



Lage + Euskirchen: examining the installation of

### modern, efficient drying systems



Locations in Germany, Poland and Hungary: we install

### photovoltaic systems

to supply our own electricity





Środa: in 2024 we will commission a new,

## gas-fired combined heat and power plant



Środa, Gostyń und Miejska Górka: by building boiler houses fuelled by natural gas, CO<sub>2</sub> emissions can be reduced by

about 40%

in the future



Polen: over 30% energy savings

by 2030 (reference year 2021)



Środa und Miejska Górka: Construction of biogas plants in planning



"Our aim is to produce the most innovative and sustainable sugar packaging in the German market."

Claudia Keutgen Project Engineer Finishing and Packaging Europe Pfeifer & Langen Germany

"In Slovenia, more and more customers are looking at our commitment to sustainability. That is why we consciously focus on sustainable beet sugar according to REDcert2. Already today and so also in the future."

Nino Križe Sales Manager Pfeifer & Langen Slovenia





"I am pleased that we have carried out a large number of big and small projects over the last few years and have thus achieved a continuous improvement in energy efficiency. Currently, further measures are being planned and implemented, which will lead to halving our current  $CO_2$ emissions within the next 2 years."

Maximilian Harff Team Leader Environment/Health/Safety Pfeifer & Langen Germany



"As part of the Pfeifer & Langen family in Hungary, we also set ourselves ecological and social goals that exceed those of the legislator. In addition to the continuous expansion of our own PV system, the promotion of non-monetary benefits, such as additional pension provision and health insurance for our employees and much more, is also an important concern for the sustainable future of the company."

Christopher Schultes Managing Director Production and Personnel 1. MCM Hungary



"Local sustainability is important to us: in Poland we have launched our new CSR programme Good Activities, in which we fund projects around the sugar factories that take care of local culture, sports and education. Regional institutions and initiatives can apply to us for this, so that we have been able to launch several successful projects so far."

Paweł Maciejewski Sales & Marketing Director Pfeifer & Langen Poland



"The health of our employees is very important to us. For many years, we have been holding regular health days at our Appeldorn site, which include medical screenings as well as the topics of nutrition and exercise."

Anne Wermers HR Business Partner - Appeldorn site Pfeifer & Langen Germany



0 1514110 927 40 340017264517118543

9

Lun ....

CELEVITIEN !!

0

### **Towards the future - together**

As a family business with over 150 years of tradition, we bear a special responsibility towards our employees. Especially in times with many different challenges, people need a corporate culture that builds on trust, offers appreciation, and allows freedom to create.

#### Being successful together

Together with our employees, we shape the future of Pfeifer & Langen, ensure good framework conditions and offer an exciting and attractive working environment.



We are a reliable employer and always pursue the goal of "every employee in the right place". We offer a wide range of training courses for

needs- and goal-oriented further development. This gives our employees the opportunity to expand their competence profile, build on their own strengths and share personal experiences with each other.



We also think about the future when it comes to education. We work closely with schools and universities, offer internships, vocational training

and the possibility of dual studies.

In addition, we are actively involved in career exploration days such as "Girls'Day" for more women in STEM professions and "Boys'Day".

We promote diversity within our company – our Hungarian location is a pioneer in this area.

50:50 •



## Our occupational health management (OHM)

In the course of health promotion, we sensitise our employees to health-promoting behaviour and implement accompanying measures, because they are the key to our sustainable success:

Digital health portal BIGBalance Do something for your own health at any time. This is what the platform of the company health insurance fund "BIG direkt gesund"

provides. The offer includes a health check-up, prevention courses and coaching as well as access to the online fitness portal Cyberfitness with various sports courses to follow at home.



#### Healthy throughout education

This seminar series is offered in three workshops over the entire education period. It covers the topics of movement and ergonomics, stress man-

agement and relaxation, and healthy nutrition.



In-house fitness Regular fitness boxing training sessions, i.e. boxing training without an opponent, are provided at our location in Elsdorf. The focus here is on building up optimal physical fitness in combination with endurance, strength and reaction.



#### Health days

We use our site-specific health days to educate and raise awareness among the employees. The offers

vary and range from medical advice to healthy nutrition, exercise, and sport to dealing with psychological stress at the workplace.







#### Medical care

Our company medical service offers regular consultation hours, provides a wide range of vaccinations, and takes

care of continuous occupational health screening.



#### Compact seminar on shift work

This event deals with topics such as sleep and relaxation, leisure time and exercise or healthy nutrition to get

through the demanding shift work well. The seminar is organised on an individual basis for each site in cooperation with the OHM team and the company health insurance fund "BIG direkt gesund".

## Co-entrepreneur model for occupational safety

In 2021, we conducted a survey on occupational safety as part of the so-called co-entrepreneur model (MuM) to optimise our occupational safety system and further reduce the number of accidents. Occupational safety was also a focus of the co-entrepreneur model in 2022. Significant successes have already been achieved here.



#### Commitment at our sites

#### Participation in regional events

We are present at events such as "Tag der Landwirtschaft" in Lage and "Knollenfest" in Euskirchen. We support the "Kinder in Not e.V." association and the emergency shelter of Caritas.

#### Cooperation with schools

The cooperation network "KURS" turns schools and neighbouring companies into learning partners who cooperate with each other. We have been participating in this educational initiative at the Euskirchen and Jülich sites for several years.



Polish support programme "Good Activities", support for the construction of nesting boxes



#### For the local people

We donate sugar to the food banks in Germany and be-

yond. For example, our Dutch site in Lelystad supports the non-profit organisation VOEDSEL-BANKEN.

#### Technisches 清 Hilfswerk 👾

#### Tackling together

As a result of the flood disaster in 2021, the

idea of a longer-term cooperation with "Technisches Hilfswerk" arose at the Euskirchen site. True to the motto "We help each other and tackle things together".



#### Cycling for climate and exercise

Together with "Landessportbund North Rhine-Westphalia", we got

NORDRHEIN-WESTFALEN on our bikes. 68 employees covered around 60,000 km in the process. An achievement that benefits both health and the environment. A success, and at the same time an incentive to use the bicycle more often in the future.

#### Supporting good ideas

In 2021, our Polish locations launched their own "Good Activities" support programme – the aim is to support those who make a sustainable contribution to their region. The first projects, such as the construction of nesting boxes for birds or the promotion of regional youth sports, have already been successfully implemented.



**SDG 3**: We bear a great responsibility towards our employees. One component of this is our occupational health management (OHM).



**SDG 5**: We are committed to ensuring that all people have equal opportunities in the world of employment.



**SDG 8**: We pay attention to the occupational health and safety of our employees and create the best possible working conditions.

10 REDUCED INEQUALITIES

**SDG 10:** We are strictly against discrimination in any form.



## Reliable supply chains

Ce ler ku

### **Transparency creates trust**

Always keeping an eye on the entire supply chain is important for us in terms of responsible action. We evaluate not only beet procurement, but all our suppliers – whether in technical purchasing or beyond.

Entrepreneurship, innovative spirit, and humanity are values that guide us and form the foundation of our corporate culture. From over 150 years of experience, we know what is important to be successful together with our partners: responsible cooperation and consistent action that not only looks at itself, but also sees the other party. principles and to act accordingly. Regular monitoring and appropriate documentation as part of our due diligence management ensure this for us. If violations are identified, they can be reported anonymously via our web-based complaints procedure (BKMS<sup>®</sup> system).

## Our sustainable procurement policy

All procurement processes throughout the company are the focus of our attention. Based on the fundamental principles of the ILO (International Labour Organization), the UN Guiding Principles on Business and Human Rights, the UN Global Compact and the OECD Guidelines for Responsible Business Conduct, our Sustainable Procurement Policy outlines a framework for action in purchasing processes.

## 

assessment on human rights and environmental issues. For us, fair competition is a fundamental principle. This includes strict compliance with competition and antitrust laws and no acceptance of corruption. Of course, we condemn any form of discrimination, and we also strictly reject precarious or hazardous employment. We require compliance with social standards and collectively agreed wages.

Products and services must be

flawless in terms of our risk

In this way, we are in line with our own values and sustainability goals in terms of a responsible supply chain.

#### Our Code of Conduct (CoC)

The CoC forms the basis for our business activities. We expect all suppliers to feel committed to our

#### Our risk assessment



#### Social-ethical audits according to SMETA

We have been a member of the global online platform SEDEX (Supplier Ethical Data Exchange) for many years. Through SEDEX, we provide our customers and business partners with transparent information about our social and ethical corporate processes.



## Making sustainability performance measurable

Since 2017, we have participated annually in the EcoVadis ranking. EcoVadis is a global cloudbased platform for assessing the

sustainability performance of companies.



## The 4 pillars according to SMETA

Working conditions

- Health and safety
- Business ethics
- Environment

Through regularly conducted SMETA audits (SEDEX Members Ethical Trade Audit), we have our business practices reviewed according to the "4-pillar" measure. In addition to our German and Polish sites, the Radechiw site in Ukraine was verified in 2021.





#### The 4 areas of EcoVadis

Environment
Labour and human rights
Ethics

Sustainable procurement

The methodology is based on international CSR standards such as the Global Reporting Initiative, the United Nations Global Compact and ISO 26000.



#### **External validation**

Various certifications are another important building block within our European sustainability and due diligence management. In recent years, we have continuously expanded corresponding certifications along our value chain.



**SDG 8**: Within our sphere of influence, we are committed to working only with suppliers who respect human rights.





## As little and as environmentally friendly as possible

Our favourite is "unpackaged". Even today, most of our products are delivered to our customers loose in silo and tanker trucks. But it is not always possible to do without packaging. Here we try to reduce as much as possible and use recyclable materials wherever possible.



Paper from sugar beet pulp Our paper-based primary packaging comes 100% from sustainable forestry or agriculture.

#### As of 2023, we will start packaging our beet sugar in paper with 20 % beet pulp

This fast-growing pulp is a by-product of sugar production and is therefore a sustainable complement to wood fibre.

Paper with 20% sugar beet pulp





New paths for the Diamant spreader Together with our colleagues in Hungary, we have sustainably developed the packaging for our decorative snow spreader. By using only plastic monomaterials for

the decorative snow and iced sugar shakers, we can guarantee better recyclability in the future. In addition, this means that we can dispense with aluminium lamination for the iced sugar shaker.



#### Conversion to mono-material

In Hungary we are planning to change the packaging foils of our products from PET/PE (polyethy-

lene terephthalate/polyethylene) to the more easily recyclable and thinner PP monomaterial (polypropylene).



## Reductions can also be made on a small scale

In Poland, we will no longer use plastic lamination on the inside of

our 5g paper sachets.



#### Optimisation of the foil bag

We were able to reduce the foil content of the Polish diamond iced sugar by 20%.



## Icing sugar sacks made from monomaterials

By the end of 2023, we will change our icing sugar bags in Poland. In do-

ing so, we will dispense with plastic inliners and thus with 100% film. In the future, the iced sugar sacks will only be made of mono-material and will therefore be much easier to recycle.



#### **Big Bags Recycling Project**

Together with a partner, we accompany trials with big bags made from recycled, reprocessed plastic materials.

## From 2023, our big bags will consist of **30% of recyclate**

This recyclate is obtained from the recycling of used big bags, also from Pfeifer & Langen batches.



#### Initial tests show potentials of approx. 30% film savings

In Wevelinghoven, we are examining the use of paper as a substitute for stretch film.



**SDG 12**: Most of our sugar is delivered to our customers in loose form. Where packaging is necessary, we use recyclable materials.



## Outlook

By 2024, we will use 100% recyclable packaging in Germany.



From 2025 onwards, we will only use mono-material for products that enter the market. Because the purer the material used, the better it can be recycled.











### Sustainable nutrition with beet sugar

Sustainable nutrition means enjoying food diversity while not excluding any nutrient. With our products and our targeted communication, we provide education for consumers, politics, and science.

#### **Jucker** Sugar a 7ucker etting you get the best out Sugar r sweetening beverages, you can de to your own taste - naturally. HALTIGER Unser Versprechen/Our promise 🗹 Süße aus der Natur/sweet by nature für eine vegane Ernährung geeignet/ suitable for vegans 🗹 von Natur aus laktose-und glutenfrei/ KERRÜBEN naturally lactose-and gluten-free FROM SUSTAINABLE SUGAR BEETS Rezepte, Inspire praktisch What must a food offer vou?

#### The facts speak for our beet sugar

#### Food as a profession of faith

Food is not only pleasure, diversity and individuality. Religion is also reflected on the plate. In Judaism and Islam, for example, the special diets "kosher" and "halal" are firmly established. These foods must be produced and prepared according to certain rules.

By carrying out kosher and halal audits, we ensure that our beet sugar meets the standards for these diets.



2023: External audits at the German sites for the first time to have halal conformity verified by third parties

## Beet sugar or alternative sweeteners – who is convincing when it comes to sustainable nutrition?



Alternative sweeteners are intended to replace conventional sugar. These include agave syrup, date syrup, coconut blossom sugar, rice syrup and birch sugar (xylitol).

## Are alternative sweeteners healthier?<sup>1</sup>

Alternatives are often described as healthier because they contain vitamins and minerals. The following examples show what they really consist of:

#### Coconut blossom sugar (25 g)



0.6 % Vitamin C 0.3 % Magnesium

#### Agave syrup (25 g)



Alternative sweeteners do not make a significant contribution to the supply of vitamins and minerals at usual consumption levels. Furthermore, they are metabolised in the same way as conventional sugar.



Our beet sugar as a component of a sustainable diet.

#### **Comparison of calories<sup>2</sup>**

Sweetener	kcal/100 g dry substance
Beet sugar	400
Agave syrup	392
Coconut blossom sugar	395
Date syrup	394
Rice syrup	392

#### Calorie contents hardly differ.





## Social and environmental aspects of alternative sweeteners.<sup>4</sup>



- ✓ Social standards are often insufficient.
- ✓ The high demand for agave syrup leads to deforestation and a loss of biodiversity.
- Dates and rice require a lot of water for cultivation (artificial irrigation).
- 1 DGE Presseinformation: DGE betont Bedeutung wissenschaftlich fundierter Ernährungsempfehlungen, 01/2020; https://www.lebensmittelklarheit.de/informationen/kokosbluetenzucker-viele-versprechungen-wenigebeweise, 25.06.2021; www.vital.de/gesunde-ernaehrung/zuckerfrei-leben/ kokosbluetenzucker-als-geeigneter-zuckerersatz-122.html, 03.05.22; www.fitnessletter.de/kalorien/agavendicksaft/, 17.05.2022; aid Infodienst: Zucker, Sirupe, Honig, Zuckeraustauschstoffe und Süßstoffe, 2014.
- 2 Source: www.alnatura.de/de-de/produkte/, 17.05.2022.
- 3 Source: aid Infodienst: Zucker, Sirupe, Honig, Zuckeraustauschstoffe und Süßstoffe, 2014.
- 4 Dr. Bäuerlein, Brigitte: Der Zuckerkompass So gefährlich ist Zucker wirklich, 2022; www.quarks.de/gesundheit/ernaehrung/darumist-agavendicksaft-gar-nicht-so-gut/, 12.05.2022; https://utopia.de/ ratgeber/wie-reisanbau-funktioniert-und-seine-folgen-fuer-das-klima/, 12.05.2022; http://www.oeko-fair.de/clever-konsumieren/essen-trinken/ datteln2/der-dattelanbau/wasserverbrauch2/bewaesserung, 12.05.2022.

#### **Conclusion:**

Sustainable nutrition takes into account the entire value chain from cultivation to customer. In addition to health aspects, ecological and social criteria are also evaluated.

Contrary to consumer expectations, alternative sweeteners are not healthier or lower in calories compared to beet sugar.

#### Overall, beet sugar is clearly ahead:



 shorter transport distances
 social and fair conditions for farmers

- sustainably certified
- better environmental and climate balance

#### Study disproves myth of diabetes type 2 as "sugar disease"

In common parlance, diabetes mellitus type 2 is often referred to as "diabetes" - and thus misleadingly brought into a direct physiological connection with sugar in the diet. A review published in the European Journal of Clinical Nutrition in March 2022 presents the connections between sugar intake and type 2 diabetes. The authors analysed various systematic reviews and meta-analyses with the conclusion that the intake of sugar from the diet has no direct influence on the development of diabetes. Current scientific evidence clearly indicates that excessive energy intake followed by excessive increase in body fat are most important for the development of type 2 diabetes.



nutrition

Source: Veit et al.: The role of dietary sugars, overweight, and obesity in type 2 diabetes mellitus: a narrative review, 2022

#### Our engagement in the field of science:





Member of the BerufsVerband Oecotrophologie e.V. (VDOE)

Member of the Research Group of the World Sugar Research Organisation (WSRO)



**SDG 12**: With our communication activities, we are focusing on more education about our regional beet sugar as part of a sustainable diet.

## Outlook

Nutrition policy is only sustainable and effective if it addresses the problem at its core. This is why we will continue to advocate for science-based nutritional expertise combined with more physical activity.

#### Imprint

Edition 2023 **Publisher:** Pfeifer & Langen GmbH & Co. KG Aachener Straße 1042 a 50858 Cologne Picture credits: <sup>©</sup> Pfeifer & Langen, shutterstock (S. 21) **Realisation:** Engel & Zimmermann GmbH



Dieses Produkt stamm aus nachhaltig bewirtschafteten Wäldern und kontrollierten Quellen

PEFC zertifiziert

## www.pefc.org Klimaneutral Druckprodukt ClimatePartner.com/12569-2305-1001

#### Contact

If you have any questions or suggestions, please contact us personally:

Marc Krause Head of Consumer Protection - Nutrition Policy - Sustainability Europe E-Mail: ven@pfeifer-langen.com

Or visit us on our website: www.pfeifer-langen.com





Pfeifer & Langen GmbH & Co. KG | Aachener Straße 1042 a | 50858 Cologne, Germany Phone: +49 221– 4980 – 0 | E-Mail: ven@pfeifer-langen.com | www.pfeifer-langen.com