

United Nations Conference on Trade and Development

National Workshop on

**Fostering Integration of the Dried Fruits Value Chain of Uzbekistan into
Regional and Global Value Chains**

4 February 2021, Tashkent, Republic of Uzbekistan

FRUCOM Views

By

Anna Boulova, Secretary General of FRUCOM

The views expressed are those of the author and do not necessarily reflect the views of UNCTAD.



EUROPEAN FEDERATION OF THE TRADE
IN DRIED FRUIT, EDIBLE NUTS, PROCESSED FRUIT & VEGETABLES
& PROCESSED FISHERY PRODUCTS



FRUCOM views

Workshop Trading **Food**
For **Sustainable** Development
Fostering Integration of the Dried Fruits Value Chain of
Uzbekistan into Regional and Global Value Chains

Anna Boulova
FRUCOM Secretary General
4 February 2021

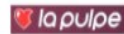
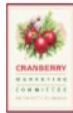


- **Non-profit international association** established 1960
- **Officially recognized by EU Institutions**
- Is the **representative body of European traders in dried fruit & nuts, processed fruit & vegetables & seafood**
- Specialized in trade, food safety, sustainability, customs, nutrition for our sectors
- Based in **Brussels**
- **Strong EU network**
- Members in main supplying countries

FULL MEMBERS



AFFILIATE MEMBERS



Wonderful brands



FRUCOM Working groups, events and projects

- Dried fruit and nuts WG
- Sustainability WG
- Fora on mycotoxins in dried fruit, nuts and peanuts
- Projects on pesticides, contaminants and nutrition
- Communication of nutrition benefits – all dried fruit and nuts, **dried vine fruit in focus**

DRIED FRUIT AND NUTS WG

8 October

- FRUCOM [communication on nutrition benefits](#) and future actions
- **Organic:**
 - New Regulation on organic farming & adoption of additional rules regarding trade and official controls
 - **Trade and customs matters**
 - **Mycotoxins:** Follow up actions from FRUCOM workshop
 - **OCHRATOXIN A:** EU proposal to lower limits from 10 to 8 ppb for **dried vine fruit**; set at 2 ppb for dried fruit, including **dried apricots**
 - **Pesticides:**
 - FRUCOM research project on pesticides: global conclusions
 - Update on individual substances
 - Political issues: cut-off criteria & transition periods
- **Food additives:** Sorbates, **Sulphites DRIED APRICOTS**
- **Contaminants and import controls:** Update on various contaminants





FRUCOM fora on Mycotoxins in dried fruit, nuts and peanuts, 2 July

4.30-4.40 Introduction by FRUCOM on importers' perspective. Contribution of our products to a healthy diet. FRUCOM response to the EFSA opinions. Mr. Jens Borchert, FRUCOM Vice-President, Waren-Verein der Hamburger Börse

4.40-6.00 Latest science, industry perspective and sampling programmes:

4.40-5.00 Research on mycotoxins: EFSA opinions on ochratoxin A and aflatoxins. Dr Ir Katleen Baert and Dr Hans Steinkellner, Scientific Officers, EFSA

5.00-5.20 EU food industry feedback to EFSA opinions. Dr. Rebeca Fernandez, Director Food Policy, Science and R&D, FoodDrinkEurope

5.20-5.40 Statistical distribution and sampling programmes. Dr. Thomas Whitaker, Professor Emeritus, Biological and Agricultural Engineering Department, NC State University

5.40-6.00 Final discussion



FRUCOM fora on Mycotoxins in dried fruit, nuts and peanuts, 29 September

PROGRAMME

4.30-4.40 Introduction by Mr. Jens Borchert, FRUCOM Vice-President, Waren-Verein der Hamburger Börse

4.40-5.30 Mycotoxin mitigation measures at farms and in processing; national research programmes – panel discussion

Each speaker will make a short introduction followed by a discussion. Moderator:

- **Almonds** – Julie Adams, Almond Board of California
- **Dried fruit** – Prof. Uygun Aksoy, Aegean Exporters' Association
- **Hazelnuts** – Mr. Hasan Osman Sabir, Board member, Black Sea Hazelnut Exporters' Association
- **Peanuts** – Ms. Courtney Dorsett, American Peanut Council/TNA
- **Pistachios** – Dr. Robert Klein, Administrative Committee for Pistachios

5.30-6.00 The EU and national competent authorities' work on import and EU controls – panel discussion

Speakers will make a short introduction followed by a discussion. Moderator: Dr. Francesco Montanari, Trainer EU Programme Better Training for Safer Food, Head of Regulatory Affairs, Arcadia International

- **Controls of import and EU products for different mycotoxins:** Dr. Martien Spanjer, NVWA, Nederlandse Voedsel en Waren Autoriteit (the Food Safety Authority of the Netherlands)
- **Policy developments on import controls in the EU and on regulatory levels in EU and Codex:** Frans Verstraete, Senior expert, Deputy Head of Unit, food processing technologies and novel foods, DG SANTE, European Commission.

[Baking Europe - winter 2020 issue:](#)

22 INGREDIENTS
NUTS AND DRIED FRUIT

INGREDIENTS 23
NUTS AND DRIED FRUIT

Nuts and dried fruit for high-quality nutrition

By Jennette Higgs, registered nutritionist and dietitian, FoodToFit



Nuts and sun or air-dried fruits are among the most portable of foods, offering a combination of sustaining sweet and savoury snacks, which can be consumed throughout the year. Dried fruits were first recorded in ancient Mesopotamia where they were included in the world's earliest recipes to have survived. Their low pH and moisture content, plus their natural antimicrobial compounds, contribute to their stability and longevity. They can add endless variety to snack mixes, as well as contributing to traditional events and customs, such as peeps, tangerines, Christmas cakes and can provide a nutritious energy boost when ending the Ramadan fast.

Unfortunately, despite their great history and traditions, nuts became associated with fat and dried fruit with sugar as the science of nutrition evolved. However, their benefits are now regarded as greater than their perceived drawbacks. So, both foods are now rightly included within specific national healthy dietary recommendations (for example France, UK and the USA) and are now included in the recommended Mediterranean Diet because of their nutrient-dense nature and a rapidly growing body of research supporting their positive influence on health.

death from cardiovascular disease in the UK annually

The health benefits of eating plenty of fruit and vegetables are universally accepted. Furthermore, global analyses for non-communicable diseases ranked diets low in fruits in third place as a contributor to disease and death (five million people a year globally) with first and second rankings being high blood pressure and smoking.

Analyses of emerging research related to whole fruit, which includes dried fruits, suggests that low whole-fruit intake is potentially a more serious health threat globally than previously understood, in part due to the unique blend of low-to-moderate energy density, micronutrients, phytochemicals and fibre content, which combine to help reduce the risk of chronic diseases, including those affecting the colon, such as constipation, irritable bowel syndrome, inflammatory bowel disease, diverticular disease, reducing risk of cardiovascular disease, type 2 diabetes, lung disease, colorectal and lung cancers and depression.

Research on two specific dried fruits (prunes and raisins) indicates that they can help in weight management diets due to their satiety effects, like fresh

Research on two specific dried fruits (prunes and raisins) indicates that they can help in weight management diets due to their satiety effects, like fresh fruits. There is good evidence that fibre contributes to satiety so other dried fruits such as apricots and figs may similarly help with weight management, although there are no studies to support this to date. Prunes are not just the only whole fruit to carry an EU authorised health claim for

normal bowel function (100g/day), but there is increasing research suggesting a protective role for prunes in bone health as well.

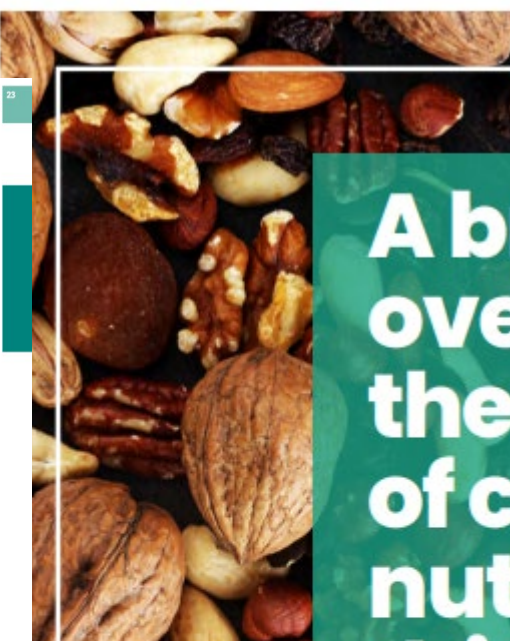
 **EUROPEAN FEDERATION OF THE TRADE**
EUROPEAN FEDERATION OF THE TRADE IN DRIED FRUIT, EDIBLE NUTS,
PROCESSED FRUIT & VEGETABLES AND PROCESSED FISHERY PRODUCTS

FRUCOM is officially recognised by the European Institutions as the representative body of European traders in dried fruit & nuts, processed seafood, and processed fruit & vegetables.

[LEARN MORE](#)

NEWS
12 MAY 2020

Benefits of consuming nuts and dried fruit
FRUCOM asked Jennette Higgs, Registered Nutritionist and Dietitian from Food To Fit Ltd., to produce a summary of scientific literature describing...
[Read more](#)



A brief overview on the benefits of consuming nuts and dried fruits



FRUCOM Project
Author: Jennette Higgs,
Registered Nutritionist and Dietitian,
Food To Fit Ltd. www.foodtofit.com

...ture's traditional snacks and dried fruits have, since Pharaonic times, the year-round consumption of their otherwise perishable counterpart. ... offer companionable savoury and sweet combinations, providing

RAISINS – Nutrient composition and available Nutrition and Function claims

This controlled access report has been created for use solely by relevant Frucom members appropriate and is not designed for general public release. It summarises nutrition composition information and the corresponding nutrition and function health claims available for raisins in the EU.

Contents

- 1.0 Nutrition claims
- 2.0 Nutrient composition
- 3.0 Nutrient function health claims:
 - 3.1 Nutrient function health claims by broad health topic
 - 3.2 Nutrient function health claims by nutrient
- 4.0 Annex
- 5.0 References

1.0 Nutrition claims for raisins:

- Source of fibre
- High in potassium
- Source of iron
- Source of copper
- Contains carbohydrate
- Contain only naturally occurring sugars, with no added sugar
- Fat free
- Saturated fat free
- Very low salt
- No added salt

The screenshot shows the LinkedIn profile for Frucom EU. At the top, there is a navigation bar with icons for Home, My Network, Jobs, and Messages. Below this is a blue banner stating "You are viewing this page as a member". The profile header features a large image of various dried fruits and nuts, with the Frucom logo overlaid. The profile name is "Frucom EU" and the bio reads: "Represents & defends the interests of trade in Dried Fruit & Nuts and Food & Beverages · Brussels · 112 followers". There are buttons for "Visit website" and "More". Below the bio, there are tabs for "Home", "About", "Posts", "Jobs", and "People". The "About" section is expanded, showing the text: "FRUCOM is officially recognised by the European Institutions as the representative body of European traders in dried fruit & nuts, processed seafood, and processed fruit & vegetables. Mission & Objectives FRUCOM represents and defends the interests of trade in Dried Fruit, Edible nuts, Processed fish and Processed fruit & vegetables in E... see more". To the right of the "About" section, there is a box titled "FOR MORE INFORMATION" containing the Frucom logo and text: "Article commissioned by FRUCOM – the EU association of importers of dried fruit, nuts, processed fruit, vegetables and seafood. www.frucom.eu". Below this, the author is listed as "Author: Jeanette Higgs, FoodtoFit Ltd, Kingston-upon-Thames, UK, Email: jeanette@foodtofit.com". At the bottom, there is a "Page posts" section with two posts from Frucom EU. The first post is titled "The EU imports more dried fruit and nuts, EU report shows" and the second post is titled "Simple messages can be more effective - snack on #nuts! Replacing at least half a serving daily of less healthy foods (such as cookies) with nuts is a simple and effective strategy to help with weight".



SUSTAINABILITY WG

- EU GREEN DEAL Due diligence, Sustainable packaging, Product Environmental Footprint EU methodology
- FRUCOM risk assessments
- FRUCOM communication on good practices
- Retail sustainability analysis
- EU consultations:
 - Due diligence
 - Marketing standards, also for dried grapes



Explain and Send Screenshots
<https://frucom.eu/>



Thank you!

<https://www.linkedin.com/company/frucom-eu>

To become a member:
info@frucom.eu