



# 61st Focal Point meeting

Podgorica, 27-28 May 2026

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# Capacity Building Regarding Claims Made on Food

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# How did we get there? Workshop on claims

## Food Supplements Under the Spotlight Labelling. Marketing. Consumption.

October 29, 2025 "Zefirs," Sporta street 2, Riga

Moderator: **Mārtiņš Daugulis**, Lecturer at RSU Faculty of Social Sciences, Director of the Analytics and Management Group "PowerHouse Latvia"

- 09.15 Registration and networking
- 10.00 **Opening of the seminar: Introduction to the agenda and welcoming speeches by the organisers**
- 10.20 **Consumer opinions in the Baltics – similarities and differences**
  - Food supplement consumption and related health risks (ENG) LABRIS (National Centre for Laboratory Research and Risk Assessment), Estonia
  - Use of food supplements in the Baltic States – survey results State Scientific Institute BIOR
  - Q&A session
- 11.00 Break and networking
- 11.20 **Theory in practice – production and marketing experience**
  - Food supplement manufacturer – challenges in product labelling and advertising
  - Regulations and their implementation: most common mistakes Food and Veterinary Service
  - Influencer story – why I said YES/NO to collaboration offers
  - Risk communication on food supplement safety (Lithuania) (ENG)
- 12.20 **Discussion: challenges in the circulation of food supplements – solutions proposed by manufacturers and experts**  
A solution-oriented discussion on the current issues raised by manufacturers and other stakeholders involved in the food supplement sector.
- 13.00 Break and networking
- 13.45 **Updates and practical information for manufacturers**
  - Reminder of general issues related to food supplements and health claims
  - Food supplements in the context of the European Union
  - News on legislation and procedures for food supplements
  - Q&A session
- 14.45 Break and networking
- 15.00 **Panel discussion: A protected and satisfied consumer in the era of information overload and misleading information**  
Discussion on consumer protection and responsibility towards consumers among various stakeholders in the food supplement sector, each with their own interests, experience, challenges and perspective on the circulation and responsible use of food supplements.
- 15.45 **Summary and closing remarks of the seminar**



FP, CEN, MSCC



Apmācību seminārs

## Veselīguma un uzturvērtības norādes, normatīvais regulējums. Norāžu izvērtēšana un to zinātniskais pamatojums.

5. marts, 2026

Leļupes iela 3, Rīga

Laiks	Tēma	Lektorī
9.30 - 10.00	<b>Reģistrācija</b>	
10.00 - 10.05	Ievadvārdi	Olga Valciņa
10.05 - 10.25	Pārtikas drošības, dzīvnieku veselības un vides zinātniskā institūta "BIOR" kompetence un deleģētās funkcijas	Inese Sikсна
10.25 - 11.00	Eiropas Pārtikas nekaitīguma iestāde (EFSA) un nacionālais kontaktpunkts Latvijā: starptautiskā sadarbība un nacionālā līmeņa aktivitātes Sabiedrības informēšanas aktivitātes	Eļina Ciekure Inese Sikсна Ilva Lazda
11.00 - 11.30	Jaunu veselīguma norāžu autorizācijas process: no pieteikuma līdz apstiprināšanai	Eļina Ciekure
11.30 - 12.00	Veselīguma norāžu zinātniskais pamatojums. Ko tas nozīmē?	Jānis Ruško
12.00 - 13.00	<b>Pārtraukums (kafijas pauze)</b>	
13.00 - 13.30	Uzturvērtības un veselīguma norādes, to veidi un pielietošana	Santa Sibule
13.30 - 14.00	Veselīguma norāžu reģistrs (EU Register): praktiska reģistra lietošana	Ilva Lazda
14.00 - 14.20	"On-hold" norāžu statuss un botāniskās izcelsmes produkti: Kā rīkoties ar augu izcelsmes vielu norādēm, kas vēl atrodas izvērtēšanas procesā? Ieskatš datubāzē	Eļina Ciekure
14.20 - 14.45	Obligātās prasības marķējumā Biežāk novērotās nepilnības norāžu izmantošanā	Inese Sikсна
14.45 - 15.15	<b>Pārtraukums (kafijas pauze)</b>	
15.15 - 15.45	Pārbaudes protokola aizpildšana, izvērtējot informāciju interneta vietnēs.	Vineta Grinberga Monta Valce
15.45 - 16.00	Diskusijas un pieredzes apmaiņa, apmācību novērtējums	



- ✓ FP – cooperation opportunities
- ✓ CEN, MSCC – Safe2EatEU awareness check
- ✓ A-Z about claims
- ✓ EFSA role regarding claims

# What did we do?

## Participants

40 on site

120 online

- State Food and Veterinary service – inspectors conducting regular official controls
- Ministry of Agriculture
- Institute BIOR

**With existing theoretical and practical knowledge**

Filling the knowledge gaps

Interactive,  
discussion  
oriented

Creating joint  
understanding/interpretation

A bit of theory and focus on  
science

Kahoot: quests  
with prizes

Real life examples and case  
studies

# What did we gain?

Overall satisfaction

4.55

Average Rating



Did you learn something new?

4.27

Average Rating



Usefulness in daily work?

4.38

Average Rating



Most useful agenda items

Recap on types and use of the claims; claims register and overview on most common errors

Next steps and actions based on feedback received

- In depth practical workshop on cases analysis – to inspectors and to industry
- Avoiding divergence and learning from experience – dataset on conclusions drawn from consultations and cases reviewed
- Learning other countries experience regarding specific cases
- Interest about similar events on different topics (e.g., GMO)



Thank you!

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