



# Harry's 100% Mie Nature

## Environmental Product Declaration



The first EPD process  
certified in the Food  
industries



**Barilla**  
The Italian Food Company. Since 1877.



### REGISTRATION NUMBER

S-P-00487

### CPC CODE

234 BAKERY  
PRODUCTS  
PCR 2012:06 VER. 3.0  
20/01/2020

### PUBLICATION DATE

2015/01/09

### REVISION

5 of 2022/02/07  
(editorial update  
2023/03/24)

### VALID UNTIL

2025/05/31

### PROGRAMME

The International  
EPD® System  
[www.environdec.com](http://www.environdec.com)

### PROGRAMME OPERATOR

EPD International AB

*This EPD has been developed in conformity to ISO 14025. An EPD should provide current information and may be updated if conditions change. The stated validity is, therefore, subject to the continued registration and publication at [www.environdec.com](http://www.environdec.com).*

# 1. Brand and product

## THE BRAND HARRYS

Launched in 1970 on the baked goods market in France, the Harrys brand today is leader in the soft bread market and a important player in the morning goods market. Quality and innovation are two of the most important key success factors.

## PLANT AND PROCESS

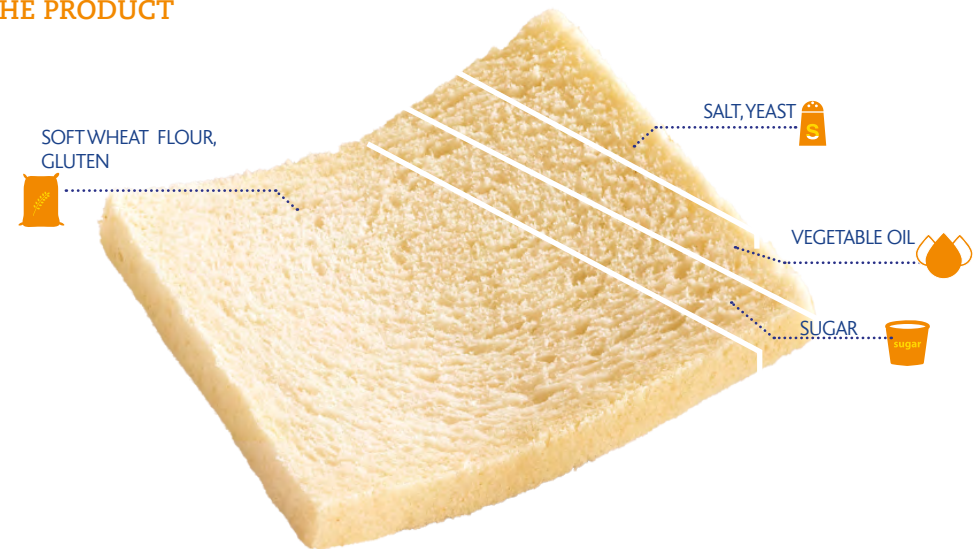
100% Mie Nature is produced in three plants in France (La Malterie, Plaine de l'Ain and Valenciennes), where a typical bakery process takes place. The process steps involved in the manufacture are: mixing of the ingredients, to form a dough which will be divided and rounded, dough molding and proofing, pieces baking in a specific oven, cooling and cutting in slices.

100% Mie Nature is packed into 500 g and it is ready for consumption.

More info on [www.harrys.fr](http://www.harrys.fr)



## THE PRODUCT



NUTRITIONAL INFORMATION (per 100 g)		
Energy	kJ	1 133
	kcal	268
Fats	grams	4.3
<i>of which saturated</i>		0.4
Carbohydrates	grams	48.5
<i>of which sugars</i>		7.7
Fibres	grams	3.8
Proteins	grams	7
Salt	grams	1.13

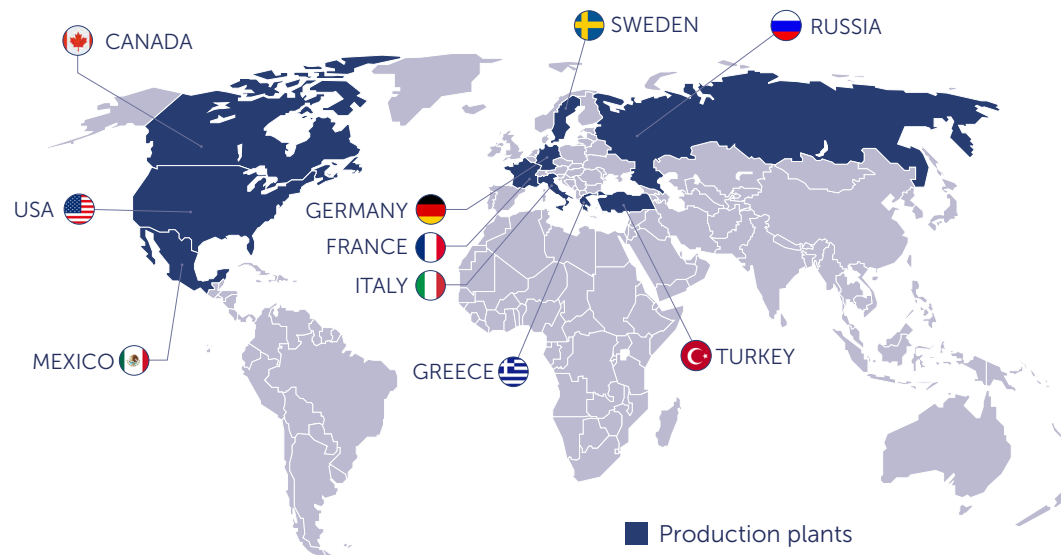
## 2. Barilla group

Passion for quality, continuous pursuit of excellent recipes and ability to combine tradition and innovation are the fundamental ingredients that have allowed a small shop of bread and pasta, opened in 1877 in Parma, to become an international player in the market of pasta, ready-to-eat sauces, baked goods and crispy breads.

The Group operates in over 100 countries through its brands, which have become the icon of excellence in the food sector, and with 30 production sites, which every year contribute to the production of over 2,099,000 tonnes of products.

With its brands - Barilla, Mulino Bianco, Pan di Stelle, Gran Cereale, Harrys, Pavesi, Wasa, Filiz, Yemina e Vesta, Misko, Voiello, Cucina Barilla, Catelli, Lancia, Tolerant and Pasta Evangelists – promotes a tasty, joyful and healthy diet, inspired by the Mediterranean diet and the Italian lifestyle.

Further information on [www.barillagroup.com](http://www.barillagroup.com)



### Good for You, Good for the Planet

*In order to make a concrete contribution to global challenges, over the years, Barilla has developed a thought enclosed in the Good for You, Good for the Planet Mission that guides, step by step and offers people good, safe, nutritionally balanced food, coming from responsible supply chains.*

**GOOD FOOD** means taste, pleasure and a daily gesture of love for the people themselves.

**HEALTHY FOOD** means selected raw materials and balanced nutritional profiles to support healthy lifestyles.

**FOOD SOURCED FROM RESPONSIBLE SUPPLY CHAINS** means seeking the best ingredients to guarantee excellent quality, respectful of people, animals and the environment.

A commitment “from field to fork”, which has led to the development of initiatives in the various stages of the supply chain and for which all Barilla Group brands contribute through projects aiming to improve the nutritional profile of products, reinforce the sustainability of the production and supply chains and provide transparent communication to consumers.



### 3. Environmental performance calculation



The Environmental performance of the product was calculated using the LCA (life cycle analysis) methodology, including the entire production chain, starting from the cultivation of the raw materials until the delivery of the finished product to the shelf.

The study was conducted following the specific product rules published for the EPD System: "GPC code 234 – Bakery products".

The contribution to the environmental impacts brought by generic data is less than 10% in all impact categories.

#### DECLARED UNIT

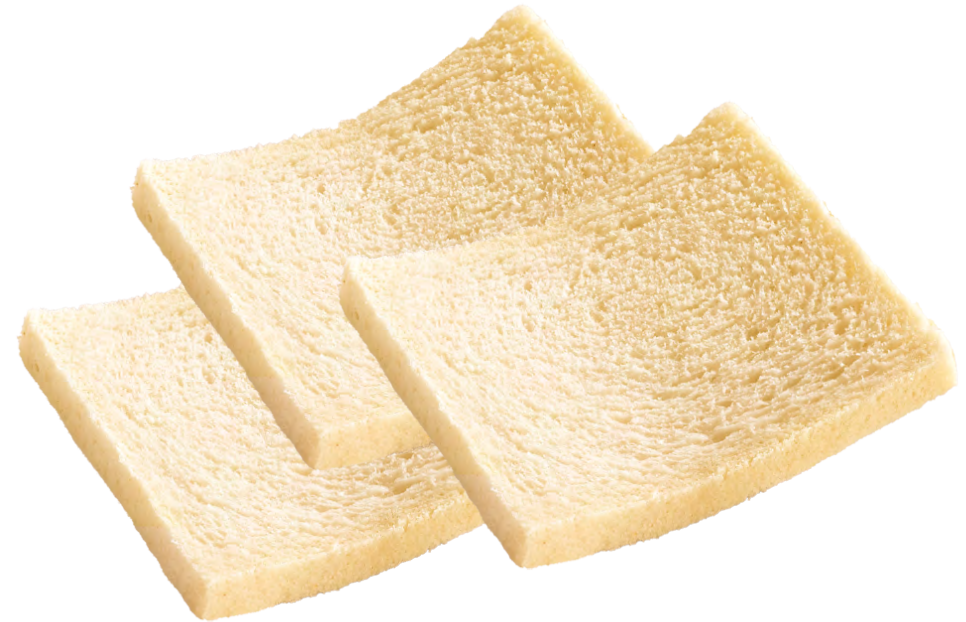
Data are referred to **1 kg** of product plus the related packaging (the packaging is referred to the **500 grams** format, reported to 1 kg of product).

#### SYSTEM BOUNDARIES

The processes constituting the analyzed system were organized according to following three successive phases, in compliance with the EPD system's requirements.

#### GEOGRAPHICAL SCOPE

The geographical scope of this EPD corresponds to the distribution area of the product; concerning Harry's 100% Mie Nature, this is mainly France.



## 4. Raw materials production



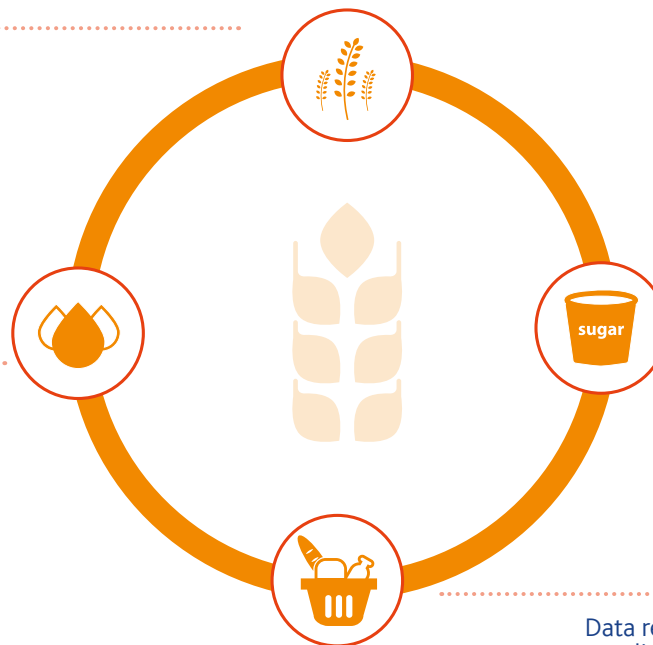
### SOFT WHEAT FLOUR AND BRAN AND OTHER CEREALS

Cereal cultivation performances are calculated on the basis of primary data, yield, energy consumption and fertiliser use for each cereal, collected from farms. Cultivation region is France. Cultivation yield is calculated as average of years 2018, 2019 and 2020.

### VEGETABLE OILS

Data for sunflower oil cultivation come from secondary data (collected from Agrifootprint database), the extraction and refinery data come from literature (Nilsson et al. 2010). Data for rapeseed oil cultivation come from secondary data (collected from Agrifootprint database) and the refinery data come from literature (Schmidt 2007).

### INGREDIENTS PRODUCTION



### SUGAR

Data related to sugar production are primary and come from the Barilla supplier's EPD (S-P-00679).

### OTHER INGREDIENTS

Data related to sugar production are primary and come from Barilla suppliers. Data from LCA databases are used for other material in the recipe (yeast, salt and vinegar).



## 5. Packaging and auxiliary materials production



### PACKAGING PRODUCTION

#### PRIMARY PACKAGING

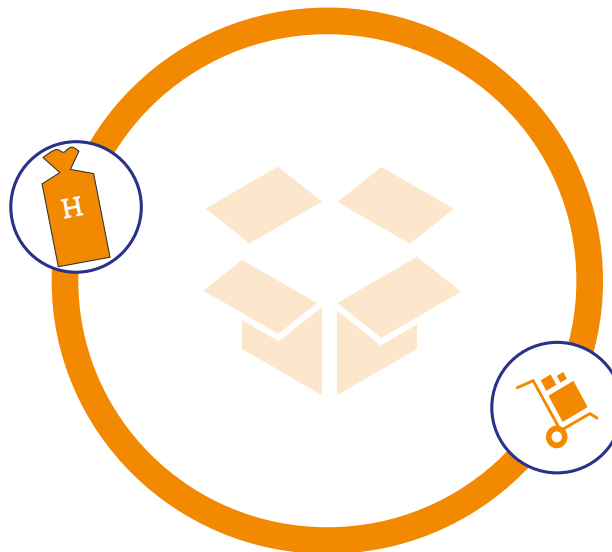
Packaging environmental performances are calculated using the 500 g format, the most sold one, and reported per packaging used for 1 kg of product.

The primary packaging consists in a plastic film sac with a plastic based closure clip.

Primary data (from packaging unit) are used for packaging amount and packaging materials production; data about packaging production process come from Barilla LCA database.

**Packaging used for Harry's products is designed for recycle.**

Auxiliary materials environmental performances are evaluated by using primary data from plant, during 2020 year. Secondary data (Ecoinvent) are used for environmental aspects associated to materials production.



Since 2004, Barilla designs new packaging with the "LCA packaging design tool". It allows the assessment of the environmental impacts of the packaging solutions already during the design phase.

#### PACKAGING FOR TRANSPORT

The packaging for transport consists in cardboard boxes (american box), used for the distribution of the product, and a plastic extensible film. Boxes are made mainly by recycled cardboard carton (pre and post consumer). The data used have been collected by LCA database (mainly Ecoinvent).

## 6. 100% Mie Nature production



### GENERAL INFORMATION

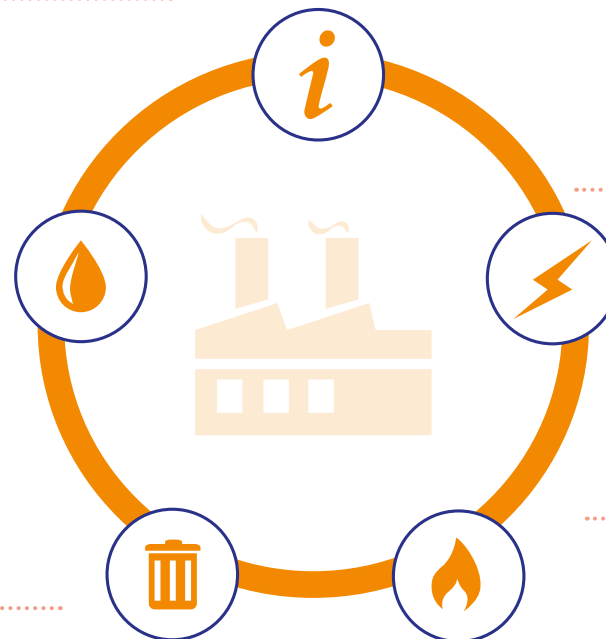
The environmental performances related to the production process are evaluated considering as primary data the energy and the water consumption and the waste production. Secondary data (mainly Ecoinvent) are used for the environmental aspects related to the production of energy and water. Three plants are considered in the analysis: La Malterie, Plaine de l'Ain and Valenciennes.

### WATER

The water consumption is evaluated using primary data. The overall value is attributed to the product using the mass allocation procedure. Plant water consumption includes also the water amount needed for dough preparation: this amount is included both in plant consumption and product recipe following a precautionary approach. Data are referred to year 2020.

### WASTE

The primary data are collected by the plant registrations. The overall value is attributed to the product using the mass allocation procedure. Data are referred to year 2020.



### 100% MIE NATURE PRODUCTION

#### ELECTRICITY

Total plants electricity has been divided using mass allocation (plants produce other products beyond Harry's 100% Mie Nature). Barilla, through the GO certification system (Guaranty of origin market), buys energy from hydroelectric renewable resources as to cover the entire Harrys production. Data are referred to 2020.

#### NATURAL GAS

The natural gas consumption is evaluated using primary data. The overall value is attributed to the product using the mass allocation procedure. Data are referred to year 2020.

## 7. Distribution



### DISTRIBUTION

100% Mie Nature is produced in the French plants of La Malterie, Plaine de l'Ain and Valenciennes and it is sold in France.

Distribution performance were calculated considering the transport in France for about 490 km.

All transport stage from plant to retailer are included.

The product does not need any particular storage condition (such as refrigeration).

The impacts related to the disposal of the packaging for transport have been calculated considering the scenario for paperboard and plastic for distribution in France (reference: Eurostat 2017).





## 8. Packaging end of life



In the French context, plastic film from differentiated urban waste are usually sent to:

Avoiding the production of virgin material.



Recovering plastic energy content



In France, 25% of waste sent to disposal are incinerated without energy recovery, the remaining part goes to landfill



In the French context, plastic closure clips from differentiated urban waste are usually sent to:

Avoiding the production of virgin material.



Recovering plastic energy content















In France, 25% of waste sent to disposal are incinerated without energy recovery, the remaining part goes to landfill



\* Data elaborated from Eurostat database, reference year 2017

## 9. Environmental results

 <b>USE OF RESOURCES</b> data referred to 1 kg of product		UPSTREAM		CORE	DOWNSTREAM		TOTAL
		 Raw material production	 Packaging and auxiliary materials production	 Production	 Distribution up to shelf	 Primary packaging end of life	
PRIMARY ENERGY RESOURCES - RENEWABLE data in MJ	Used as energy carrier	2,79E-01	5,11E-01	4,24E+00	1,68E-03	2,40E-05	5,04E+00
	Used as raw materials*	0,00E+00	1,92E-01	0,00E+00	0,00E+00	0,00E+00	1,92E-01
	<b>Total</b>	<b>2,79E-01</b>	<b>7,03E-01</b>	<b>4,24E+00</b>	<b>1,68E-03</b>	<b>2,40E-05</b>	<b>5,23E+00</b>
PRIMARY ENERGY RESOURCES - NON RENEWABLE data in MJ	Used as energy carrier	8,24E+00	3,21E+00	4,45E+00	1,07E+00	1,22E-03	1,70E+01
	Used as raw materials	1,27E-04	4,73E-01	0,00E+00	0,00E+00	0,00E+00	4,74E-01
	<b>Total</b>	<b>8,24E+00</b>	<b>3,69E+00</b>	<b>4,45E+00</b>	<b>1,07E+00</b>	<b>1,22E-03</b>	<b>1,75E+01</b>
Secondary Material (g)		0,00E+00	1,08E+02	0,00E+00	0,00E+00	0,00E+00	1,08E+02
Renewable secondary fuels (MJ. net calorific power)		0,00E+00	6,42E-02	0,00E+00	0,00E+00	0,00E+00	6,42E-02
Non-renewable secondary fuels (MJ. net calorific power)		0,00E+00	0,00E+00	0,00E+00	0,00E+00	0,00E+00	0,00E+00
Net use of fresh water (liters)		9,88E+00	2,16E+00	1,60E+00	4,93E-02	2,29E-03	1,37E+01
 <b>OUTPUT FLOWS</b> data referred to 1 kg of product		UPSTREAM		CORE	DOWNSTREAM		TOTAL
		 Raw material production	 Packaging and auxiliary materials production	 Production	 Distribution up to shelf	 Primary packaging end of life	
Waste to animal feed or similar (g)		0,00E+00	0,00E+00	4,45E+02	0,00E+00	0,00E+00	4,45E+02
Components for reuse (g)		0,00E+00	0,00E+00	0,00E+00	0,00E+00	0,00E+00	0,00E+00
Materials for recycling (g)		1,44E+00	1,46E+01	2,43E+01	9,27E+01	4,64E+00	1,38E+02
Materials for energy recovery (g)		0,00E+00	0,00E+00	8,78E+00	4,44E+00	7,02E+00	2,02E+01
Exported energy. electricity (MJ)		0,00E+00	0,00E+00	0,00E+00	2,20E-04	4,40E-04	6,60E-04
Exported energy. thermal (MJ)		0,00E+00	0,00E+00	0,00E+00	4,60E-04	9,20E-04	1,38E-03

Secondary energy resources and recovered energy flows do not show relevant contributions.

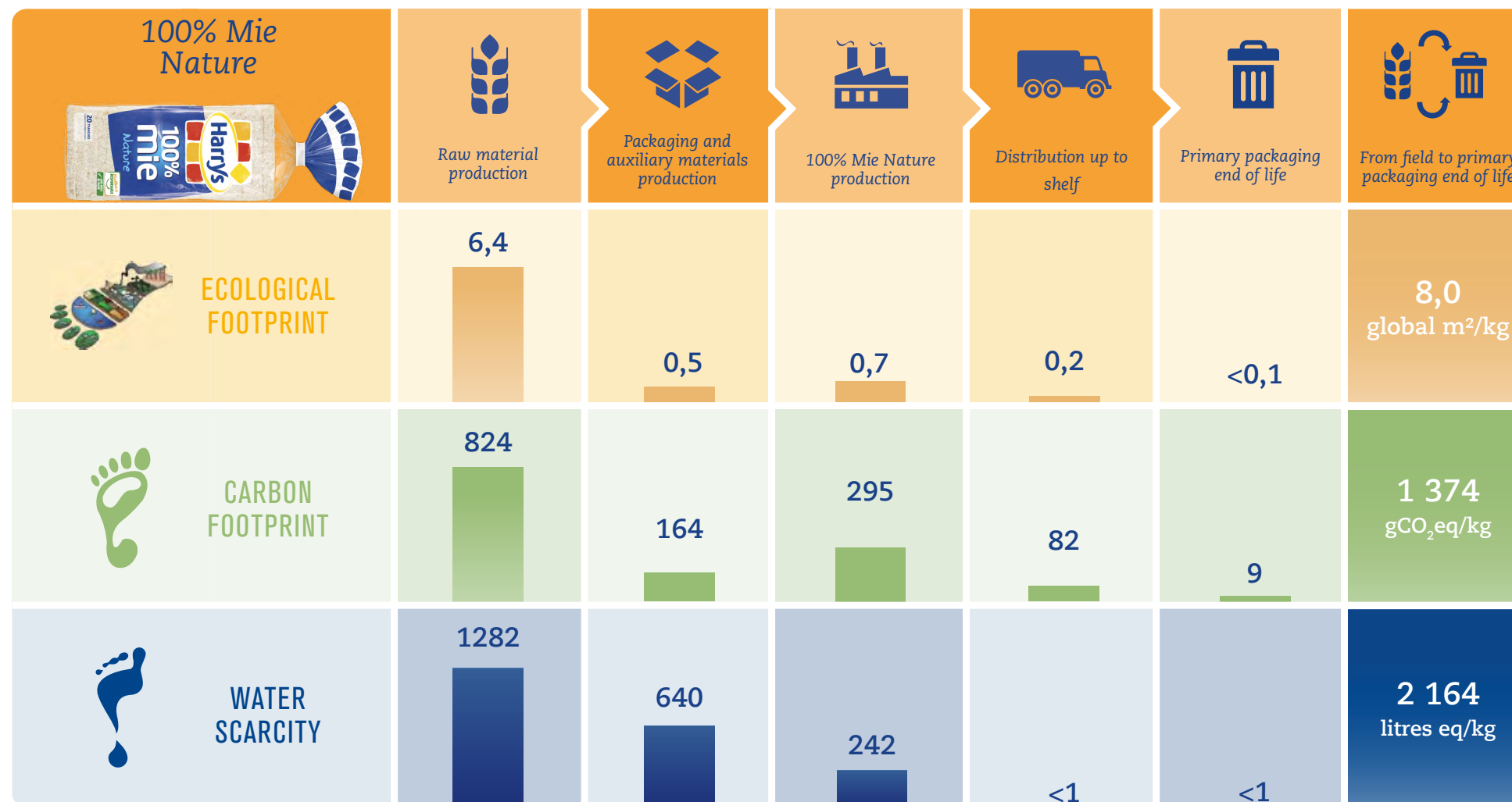
\*The biomasses transformed into the product are not considered.

<b>POTENTIAL ENVIRONMENTAL IMPACTS</b> data referred to 1 kg of product		UPSTREAM		CORE	DOWNSTREAM		TOTAL
		 Raw material production	 Packaging and auxiliary materials production	 Production	 Distribution up to shelf	 Primary packaging end of life	
GLOBAL WARMING POTENTIAL - GWP (g CO <sub>2</sub> eq)	Fossil	7,79E+02	1,61E+02	2,94E+02	7,65E+01	9,31E+00	1,32E+03
	Biogenic	5,39E-01	3,65E-01	8,19E-01	5,12E+00	1,83E-01	7,03E+00
	Land use and land transformation	4,44E+01	2,45E+00	1,94E-03	7,04E-04	2,54E-05	4,69E+01
	<b>Total</b>	<b>8,24E+02</b>	<b>1,64E+02</b>	<b>2,95E+02</b>	<b>8,16E+01</b>	<b>9,49E+00</b>	<b>1,37E+03</b>
Acidification Potential - g SO <sub>2</sub> eq.		1,20E+01	6,78E-01	4,86E-01	4,03E-01	1,32E-03	1,36E+01
Eutrophication Potential - g PO <sub>4</sub> <sup>3-</sup> eq.		8,03E+00	1,54E-01	6,94E-02	6,34E-02	5,36E-04	8,32E+00
Photochemical Oxidant Formation Potential - gNMVOC eq		2,01E+00	5,48E-01	5,61E-01	5,14E-01	1,92E-03	3,63E+00
Abiotic Depletion Potential - Elements g Sb eq.		1,15E-03	2,36E-05	5,16E-06	3,32E-06	3,25E-08	1,18E-03
Abiotic Depletion Potential - Fossil fuels - MJ, net calorific value		6,94E+00	3,28E+00	4,40E+00	1,07E+00	1,19E-03	1,57E+01
Water scarcity potential, m3 eq.		1,28E+00	6,40E-01	2,42E-01	-1,20E-04	2,23E-05	2,16E+00
<b>WASTE PRODUCTION*</b> data referred to 1 kg of product		UPSTREAM		CORE	DOWNSTREAM		TOTAL
		 Raw material production	 Packaging and auxiliary materials production	 Production	 Distribution up to shelf	 Primary packaging end of life	
Hazardous waste disposed (g)		6,39E-04	1,52E+00	0,00E+00	0,00E+00	0,00E+00	1,5E+00
Non-Hazardous waste disposed (g)		7,69E+00	1,99E+01	0,00E+00	0,00E+00	0,00E+00	2,8E+01
Radioactive waste disposed (g)		1,60E+00	3,70E-01	9,64E-02	3,50E-02	4,67E-05	2,1E+00

The biogenic contribution to Global Warming Potential refers only to biogenic methane.  
The contribution given by biogenic CO<sub>2</sub> is equal to zero, since the absorbed amount is equal to the emitted biogenic CO<sub>2</sub> within the reference 100 years period.

\*Non-zero values indicate waste flows to disposal whose treatment impact isn't evaluated within system boundaries (usually they come from secondary data used in calculation model).  
Zero values indicate that – even if some waste are produced and disposed – their impact is evaluated within the system boundaries.

## PRODUCT ENVIRONMENTAL PERFORMANCES



Compared to the last EPD, in this section the Water Scarcity indicator has substituted the Virtual Water Content, previously reported, to improve coherence with the indicators section.

## 10. Differences versus previous versions of EPD

The differences versus previous EPD version are due mainly to the use of updated emission factors for the energy mixes, updated yields for soft wheat cultivation calculated as average value of the last three available years for every region. Moreover, the product Environmental performances

section has been modified with the substitution of Virtual Water Content with Water Scarcity indicator.

2023-03-24 editorial revision: removal of the information pages on the brand's CO<sub>2</sub>e emissions offsetting project.

## 11. Additional information

### REFERENCES

- International EPD Consortium, General Programme Instructions (EPD), ver. 3.01 of 18/09/2019;
- WWF, Global Footprint Network, Zoological Society of London, Living Planet Report 2008, WWF (2008);
- PCR 2012:06 CPC 234: Bakery Products; ver. 3.0 of 20/01/2020;
- Nilsson K., Flysjö A., Davis J., Sim S., Unger N., Bell S. "Comparative life cycle assessment of margarine and butter consumed in the UK, Germany and France" 2010, Int J Life Cycle Ass vol. 15 num. 9 p 916-926;
- Schmidt J.H. Life Cycle Assessment of rapeseed oil and palm oil 2010, International Journal of LCA 15 pp.183-197;
- Eurostat database for waste management, latest version (2017).



*Environmental declarations published within the same product category, though originating from different programs, may not be comparable. This declaration and further information in regards are available at [www.environdec.com](http://www.environdec.com)*

*As EPD owner, Barilla has the sole ownership, liability and responsibility for the EPD.*

## EPD PROCESS CERTIFICATION

Product category Rules (PCR) review conducted by:  
Technical Committee of the International EPD® system.  
Chair Filippo Sessa  
Contact via [info@environdec.com](mailto:info@environdec.com)

Program operator:  
**EPD International AB**  
Box 210 60, SE-100 31 Stockholm, Sweden  
[info@environdec.com](mailto:info@environdec.com)



## EPD PROCESS CERTIFICATION

Independent verification of the declaration and data, according to ISO 14025:

- ☒ EPD process verification
- ☐ EPD verification- Third party verifier

## PROCESS INTERNAL VERIFICATION

Procedure for follow-up of data during EPD validity involves third part verifier:

- ☐ Yes
- ☒ No

Third party verifier: **Bureau Veritas Certification Sweden AB**, Accredited by: **SWEDAC**



Process internal verifier: **Ugo Pretato**, Approved by: **The International EPD® System**

STUDIO FIESCHI  
& SOCI

## CONTACTS

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For additional information relative to the activities of the Barilla Group or in regards to this environmental declaration, please contact:  
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**Barilla**  
The Italian Food Company. Since 1877.

Technical support and graphic design: **Life Cycle Engineering SpA** - Italy [www.lcengineering.eu](http://www.lcengineering.eu)





## 12. Glossary

### ECOLOGICAL FOOTPRINT

The ecological footprint measures the area of biologically productive land and water required to provide the resources used and absorb the carbon dioxide waste generated along the entire life cycle. It is measured in standard units called global hectares (gha).

[www.globalfootprint.org](http://www.globalfootprint.org)

### CARBON FOOTPRINT

A product carbon footprint is the total amount of greenhouse gases produced along the entire life cycle. It is expressed in equivalent mass of carbon dioxide (CO<sub>2</sub>-eq). In agriculture a significant contribution is given by the emission of nitrous oxide (N<sub>2</sub>O) due to the fertilizers use. It is also known as Global Warming Potential (GWP).

[www.ipcc.ch](http://www.ipcc.ch)

### WATER SCARCITY

Water scarcity measures the available water remaining per unit of surface in a given watershed relative to the world average, after human and aquatic ecosystem demands have been met. This method builds on the assumption that the potential to deprive another user of water is directly proportional to the amount of water consumed and inversely proportional to the available water remaining per unit of surface and time in a region (watershed).

[www.wulca-waterlca.org](http://www.wulca-waterlca.org)

### ACIDIFICATION (AP )

It is a phenomenon for which precipitation is unusually acidic, meaning that it has substandard levels of pH. It can have harmful effects on plants, aquatic animals and infrastructure. Acid rain is caused by emissions of SO<sub>2</sub>, NO<sub>x</sub> and NH<sub>3</sub>. The acidification potential is measured in mass of sulphur dioxide equivalent (SO<sub>2</sub>-eq).

### EUTROPHICATION (EP )

It is an abnormal proliferation of vegetation in the aquatic ecosystems caused by the addition of nutrients into rivers, lakes or ocean, which determines a lack of oxygen. The eutrophication potential is mainly influenced by emission into water of phosphates and nitrates. It is expressed in mass of PO<sub>4</sub><sup>-</sup> equivalent.

### PHOTOCHEMICAL OXIDANT FORMATION POTENTIAL (POFP)

Production of compounds that, under the light effect, are able to promote an oxidation reaction leading to ozone production in the troposphere.

The indicator is mainly influenced by VOCs (Volatile organic compounds) is usually expressed in mass of VOCs equivalent (g NMVOC - equivalent).