We believe that taking care of ourselves is the first step to helping the people around us. As a society, we need to re-balance our diet to eat more healthy food. It’s not only obesity that’s a challenge but what comes with it in terms of increased heart disease and type 2 diabetes.

**TARGET FOR HEALTHIER FOOD SALES BY 2022**

50%

**TARGET FOR DONATIONS TO WELLBEING CAUSES BY 2025**

£25m
### HEALTHY FOOD PRODUCTS

#### IMPROVED INDULGENT FOOD**

**Aim**
By 2019, our indulgent M&S Food categories will have 20% fewer calories, saturated fat and total* sugar in total compared to 2017.

**Progress**
As of March 2018, we have reduced total calories by 4%, saturated fat by 7% and total sugar by 5% across the top 10 indulgent categories that contribute most to UK diets. This is based on a progressive measurement rolled-up from October 2016.

Examples of areas where we have achieved calorie reductions include a 13% reduction in single ice creams and a 12% reduction across our most popular café cakes.

However, we’re still in the process of developing our plans to reach these ambitious 20% reduction targets by 31 March 2019.

#### TARGET CALORIE REDUCTION IN M&S FOOD BY 2019

| 50% HEALTHIER FOOD** |

**Aim**
By 2022, 50% of our global Food sales will come from healthier products.

**Progress**
As of April 2018, 43% of M&S Food sales came from healthier products. This percentage excludes non-M&S brands, wine and hospitality lines, but includes any healthy or healthier food and drink product, such as those labelled as Eat Well.

#### VEGETARIAN OPTIONS

**Aim**
By 2020, we’ll have grown a comprehensive range of vegetable-based protein convenient meal solutions and components for cooking.

**Progress**
As of April 2018, we have launched a new range of vegetable-based protein alternatives, including soya mince, soya chunks, marinated tofu and a tofu-based salad – none of which were available in our baseline year of 2016.

We have also relaunched our vegetarian range with 12 plant-based meat alternative dishes. We are still working with our suppliers and chefs to expand choice.

#### DESTINATION OF CHOICE (FOOD)

**Aim**
By 2020, we’ll rationalise our number of health brands and simplify our on-pack messages in order to maintain M&S Food being the destination of choice for healthy food for our customers as shown by the overall results from nutritional benchmarking, number of healthy products within a category and market trends analysis.

**Progress**
This year, we’ve simplified our health brands and health offering by bringing them all together under the Eat Well sunflower logo. Our ‘Count on Us’ and ‘Balanced For You’ ranges focus on calorie management; other on-pack labelling highlights specific diet choices, such as vegetarian, vegan, gluten-free, vitamin D and no added sugar. As a result, we have removed other M&S health brands, such as Active Health and Guilt-Free Snacking.

We continue to benchmark the nutritional content and health qualities of M&S food and drinks and use this information each time we review a product’s recipe.

82% of M&S Food meets the Department of Health’s 2017 salt targets and we have improved the nutritional content of benchmarked lines by increasing Eat Well choices and five-a-day content as well as offering vegetarian, vegan and gluten-free options.

We are still developing our plan to define and measure Destination of Choice.

#### CALORIE-CAP SINGLE PORTION FOOD**

**Aim**
By December 2018, M&S single serve portion sizes of snacks, confectionery and ice cream will contain no more than 250 calories.

**Progress**
As of April 2018, 75% of our single serve portions of snacks, confectionery and ice cream will contain no more than 250 calories.

We have launched 15 new portion-controlled biscuits, cereal bar and chocolate lines, all with less than 250 calories, and made all our single choc-ices, ice cream cones and bars less than 250 calories.

---

* Assured by DNV GL

** Assured by DNV GL

---

* Originally published as an ‘added’ in error.
CLOTHING & HOME PRODUCTS

CLOTHING HEALTH ATTRIBUTES

Aim
By 2025, 20% of all M&S clothing will have a special Plan A health or wellbeing attribute (e.g. SkinKind™ accessories and specialist/adapted clothing).

Progress
We already have a small number of special Plan A health or wellbeing attributes.

As of April 2018, 8% of the volume of M&S clothing items sold worldwide had one of these attributes.

20% PERCENTAGE OF CLOTHING WITH PLAN A ATTRIBUTE BY 2025

See more https://corporate.marksandspencer.com/blog

WELLBEING ADVICE TO CUSTOMERS

Aim
By 2020, we will extend our health and wellbeing advice to our customers to help them live happier, healthier lives.

Progress
This year, we’ve published more wellbeing advice for customers online, including blogs about: alcohol consumption; the impact of processed foods; healthy food trends; and plant-based diet options.

We’ve also conducted small trials of face-to-face Health MOT interviews in stores.

REWARDING CUSTOMERS (HEALTH)**

Aim
By 2019, we’ll incentivise and reward our customers for making healthier choices.

Progress
This year, we’ve developed a programme of future in-store and Sparks card activities to help people make healthier choices.

£25M FOR HEALTH CAUSES**

Aim
Between 2017 and 2025, we’ll help to make a positive difference to people who are affected by either cancer, heart disease, mental health, loneliness or dementia by helping to raise £25m for charities that support these causes.

Progress
This year we’ve supported a number of charities who address cancer, heart disease, mental health, loneliness or dementia, raising £7.4m towards our £25m target.

Fundraising activities included Breast Cancer Awareness Month, Fashion Targets Breast Cancer for Breast Cancer Now, Sparks Card donations and Charity Christmas cards.

For the eighth year running, M&S Cafés, Food Halls and Simply Foods stores participated in Macmillan Cancer Support’s World’s Biggest Coffee Morning, which together with activities throughout the year, raised £3.5m. This total included over £1.5m raised by our colleagues and Macmillan volunteers in our stores (last year £1.2m).

See more https://corporate.marksandspencer.com/blog

FRANCHISE CONFECTIONERY TILLPOINTS

Aim
By 2021, we’ll work with our franchise partners to remove confectionery from tillpoints in all key franchise partner operated M&S stores worldwide (excluding petrol station forecourts).

£3.5m ANNUAL FUNDRAISING FOR MACMILLAN CANCER SUPPORT

** Assured by DNV GL
**PILLAR 1: WELLBEING CONTINUED**

**COLLEAGUE WELLBEING (ALSO A SALIENT HUMAN RIGHTS ISSUE)**

**COLLEAGUE WELLBEING FRAMEWORK**

**Aim**
By 2019, we’ll launch an independently benchmarked retail industry leading health and wellbeing framework, providing support to M&S colleagues worldwide on physical and mental health as well as nutrition and wellbeing.

**Progress**
Since we launched this commitment, further research has shown that robust, independent benchmarks for retail industry wellbeing frameworks are not readily available. These could be established, but we believe it’s more important to focus our efforts on improving wellbeing outcomes for our colleagues. To reflect this change of emphasis and allow time for delivery, we’ve updated the wording of this commitment to read:

By 2020, we’ll launch an improved health and wellbeing framework, providing support to M&S colleagues worldwide on physical and mental health as well as social wellbeing.

**COLLEAGUE HEALTH ASSESSMENT**

**Aim**
By 2022, we’ll enable our M&S colleagues worldwide to complete a health risk assessment, including health checks, where appropriate. We’ll use this data to tailor our interventions/advice and report annually on progress.

**HEALTH & SAFETY DATA**

**Aim**
We will continue to report on our UK and ROI health and safety data and extend to owned international operations from 2020.

**WELLBEING IN EMPLOYABILITY**

**Aim**
By 2022, health and wellbeing learning and support will be included in all our employability programmes worldwide.

**MENTAL HEALTH TRAINING**

**Aim**
By 2022, we’ll offer training on mental health to M&S colleagues in our offices, stores and warehouses worldwide.

**SUPPLY CHAIN WELLBEING (ALSO A SALIENT HUMAN RIGHTS ISSUE)**

**FRANCHISE/SUPPLIER WELLBEING**

**Aim**
By 2019, we’ll define our expectations on nutrition and physical and mental wellbeing for our franchise partners and direct suppliers and by 2022 launch a range of initiatives, including health checks where appropriate, to enable them to tailor their interventions and advice. We’ll report annually on progress.

**2017/18 UK AND ROI HEALTH AND SAFETY**

<table>
<thead>
<tr>
<th>RIDDER injury rate per 100,000 employees</th>
<th>Fatal</th>
<th>Specific</th>
<th>Over 3 or 7 days</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>M&amp;S UK retail</td>
<td>0</td>
<td>25</td>
<td>130 (7)</td>
<td>155</td>
</tr>
<tr>
<td>M&amp;S NI retail</td>
<td>0</td>
<td>74</td>
<td>148 (3)</td>
<td>222</td>
</tr>
<tr>
<td>M&amp;S ROI retail</td>
<td>0</td>
<td>38</td>
<td>193 (3)</td>
<td>231</td>
</tr>
<tr>
<td>M&amp;S warehouse</td>
<td>0</td>
<td>52</td>
<td>262 (7)</td>
<td>314</td>
</tr>
<tr>
<td>M&amp;S warehouse</td>
<td>1.42</td>
<td>325</td>
<td>1,252 (7)</td>
<td>1,577</td>
</tr>
</tbody>
</table>

**PROGRESS KEY**
1. Not started
2. Not achieved
3. Behind plan
4. On plan
5. Achieved

**Assured by DNV GL**