



NUTRITICS INFORMATION PACK

Welcome to the BSA allergen, nutrition and costings information pack.

By simply inputting your recipe ingredients into the Nutritics platform, Nutritics will automatically flag all the allergens contained in that recipe, the complete nutritional breakdown and, if you wish to enter your bulk costs, the cost of each recipe. The software can then prepare an allergen report for each dish, which can be printed and placed at the point of sale/consumption, ensuring legislation compliance.

How to sign up

Step 1: Complete the sign up form.

Step 2: Nutritics will send you an activation link to verify your email and confirm your membership of the BSA. Once you have clicked on this link, you will have instant access to your Nutritics account.

How to log in

Step 1: Follow the installation instructions on the email. If you are using Chrome and Safari, you will be able to login through our homepage. If you are using Internet Explorer, you will need to download the software onto your desktop (which will take no longer than 1 minute)

Step 2: if using Chrome or Safari, log on to Nutritics.com and click the login button in the top right hand corner. If using Internet Explorer, open the Nutritics icon on your desktop.

Step 3: Enter in your username and password as per the sign up form.

Getting started

Step 1: Watch [this](#) three minute short tutorial video, which will bring you through some very helpful tips for getting the most from the software.

Creating your first recipe

Step 1: To enter your own recipes, simply click the "New Food" button in the top left corner and select New Recipe. Name the recipe at the top of the page and then simply start searching for foods to add on the left.

Step 2: Once you have selected your food, it is inserted into the recipe and an option will appear just to the right of the food to enter in the weight. Some suggestions should also pop up as a guide (e.g one slice, one teaspoon etc) depending on the ingredient. You can then also populate the cost of the particular ingredient in the box to the right of that in the format of Cost/Weight e.g £2/kg.

Step 3: When you have entered all the ingredients, allergens and nutrition will pre-populate and you have the option to Export to a report at the top of the screen.

Step 4: Repeat this process with your remaining recipes on the menu.

Further questions?

Please check our [FAQ page](#). Alternatively, the best way of getting in touch is to email support@nutritics.com, and we will get back to you within a couple of hours. Alternatively Members may call 0208 144 1883 if their query is urgent.