

Introducing... David Humphreys

a new member of our
Product Development Team

I was born and live in South Wales, and it's a great area in which to bring up my family. I have a lovely wife who is also a chef, so family life is centred on mealtimes.

We have a 7 year old son, who is football crazy and now with less weekend work I can spend more time taking him to and supporting him with his favourite sport.

Coming from a family of bakers and chefs I always had a keen ambition to work with food.

With 20 years experience as a chef I have worked in a variety of establishments from specialist boutique hotels to independent and fine dining restaurants and in so doing have gained valuable experience from numerous talented head chefs.

Of particular inspiration to me has been: Alan Dann - Michelin starred chef and former Roux trainee and Simon Hulstone - a National Chef of the Year winner, also with a Michelin star and a former Roux scholar.

This experience gave me a new and deeper understanding of food and taught me the importance of always respecting the food I prepare.

Aspiring to the standards set by these chefs, I was proud to receive accolades whilst working at The Blue Anchor Inn (Barry). I made an appearance on the Channel 5 'Kitchen Wars' programme with Marco Pierre White, who complemented me on my skills, and went on to say



"You are probably the best chef in Cardiff". I competed at the prestigious Hotelympia Salon Culinaire, where I was awarded a Bronze medal.

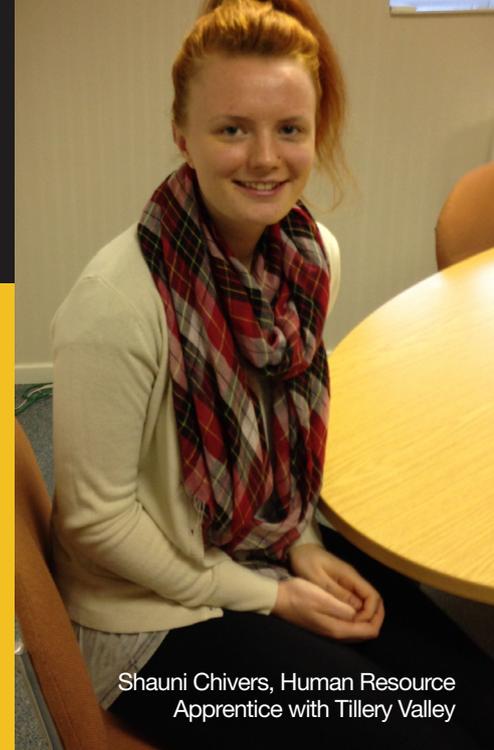
The food industry has always interested me and recently I decided to make the transition into this sector of the industry to broaden my knowledge and experience.

Since joining Tillery Valley in November 2013 I have learned a great deal about the requirements of the healthcare market and I am very excited about my future with the company.

Update

My name is Shauni Chivers and I am 17 years old and currently a Human Resource apprentice with Tillery Valley while additionally studying for my CIPD Level 3 Qualification at college.

The company has also provided me with the opportunity to study an NVQ Level 2 in Business Administration.



Shauni Chivers, Human Resource Apprentice with Tillery Valley

Working here is a good opportunity for me, as it's easy to travel to and I enjoy the atmosphere in the work environment. I wanted to work for Tillery Valley as it is a large organisation and allows me to gain new skills in a varied environment.

My most interesting moment to date has been completing my induction which involved a comprehensive factory tour. I really enjoyed this because I was able to see the wider picture of what goes on in the workforce and found out some interesting facts.

When I have obtained my qualifications and my apprenticeship is complete I look forward to further developing the skills I have gained and further enhancing my career.

Some of the skills I have learnt during my time at Tillery Valley have been minute taking, understanding investigations and supporting a variety of meetings dealing with a broad perspective of HR subjects, which has really helped me with my self confidence.

My advice to others who are considering undertaking an apprenticeship as a first career step would be to go for it, as it is a great opportunity to gain new skills and experience whilst networking and meeting new people who can support you in the future.

Further Improvements to the Tillery Valley Chilled Cycles & Frozen Ready Range

Over the past six months our product development team has been working hard to improve some of the existing products within our bulk offer for patients. We have acted on feedback and suggestions from customers as well as ideas generated from our own internal taste panel.

The changes include:

- **Beef Lasagne** – will stand up better due to extra pasta sheets at each pasta layer and it will have a new improved cheesier flavour due to a Regato cheese crumb topping.
- **Vegetable Lasagne** – will also have thicker pasta layers to improve structure and the cheese sauce will provide for a fuller improved flavour.
- **Hungarian Beef Goulash & Herb Dumpling** – a review of the cooking process provides for a richer flavour.
- **Fish in Cheese Sauce** – will become Fish in Cheese & Chive Sauce for a more flavoursome taste and as an added bonus will be gluten free.
- **Fish in Parsley Sauce** – will also become gluten free.
- **Meatballs in Tomato Sauce** – the larger foil will change from an 8 portion to a 6 portion to reduce spillage risk, and improve the reheating time in line with other products.
- **Salmon & Pasta in Creamy Spinach Sauce** – will become Salmon & Spinach Pasta Bake with a paprika crumb topping.

Dates for the release of the above products will be determined shortly.