

## and it's good-bye from him



After three years in the post of Technical Director, Chris Woodbridge shortly embarks on a major life-style change. Under his guidance Chris and the Technical Team have moved the company forward significantly in the areas of food safety, sustainability and the environment and it is largely down to their combined efforts under Chris's leadership which has resulted in the increased levels of accreditation currently held by the company.

Chris says "On the 12th September, I am off to the land of Kangaroos and BBQ's with my family to fulfil a long time ambition of moving to Australia. I will be sad to leave TVF as I have made many friends, both work colleagues and customers. So to practice my Aussie slang, Hooroo and Half your Luck (translated it means goodbye and best wishes)."

**On behalf of all our customers and everyone at TVF we wish Chris and his family well in their new life.**



### Les Darlington in retirement!

Les sends his very best wishes to all our customers and requests we pass on his thanks for all your cards, comments and wishes for the future.



## Most Popular Dishes 2011/2010 Comparisons

Having compared beef dishes in the last issue of **Foodsense**, this edition looks at our poultry dishes.

### 2011

1. Chicken in Gravy with Stuffing
2. Sliced Turkey in Gravy
3. Chicken & Leek Pie
4. Chicken Casserole
5. Chicken a la King
6. Chicken Korma
7. Chicken Pie with Bacon
8. Chicken Curry
9. Whole Chicken Breast with Stuffing
10. Chicken Escalopes

### 2010

1. Chicken Escalopes
2. Chicken & Leek Pie
3. Chicken in Gravy with Stuffing
4. Turkey Cottage Pie
5. Sliced Turkey in Gravy
6. Chicken a la King
7. Chicken & Pasta with Tomato & Herbs
8. Chicken in Mustard & Coriander Sauce
9. Chicken Casserole
10. Sweet & Sour Chicken

# TILLERY VALLEY FOODS RECOGNISED BY WELSH GOVERNMENT



Under the Welsh Government's commitment to economic renewal they are working to form and build strategic relationships with "regionally important" companies.

A regionally important company is considered as;

- A company which is of significant importance to the Region of Wales in which they are located as a result of, for example, number of employees, commitment to a skilled workforce, development of the supply chain and investment in the Welsh site.

Tillery Valley Foods is delighted to have been recognised under the scheme as it looks to continue its investment in its workforce and facilities.

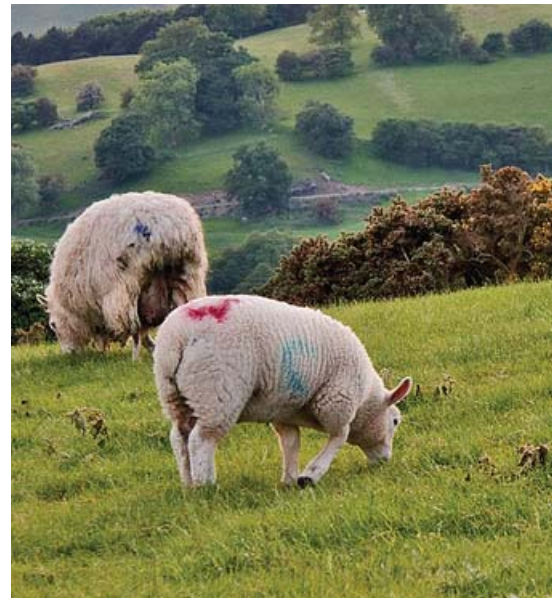
## How 'farm to fork' works locally

The Assembly minister for Welsh Agriculture, Alun Davies has seen at first-hand how farming contributes to the wider economy and employment in his own constituency as part of the Farmers' Union of Wales (FUW) "Help Cut Food Miles....Buy The Welsh One" initiative.

The newly appointed deputy minister for agriculture, food, fisheries and European programmes visited Tillery Valley Foods following the company's implementation of a sustainable procurement programme for Welsh lamb in 2010, sourcing directly from two local farms with the aim of reducing food miles and supporting local businesses.

With 64% of its spend invested in businesses in Wales and adjoining regions, collaborative initiatives such as sustainable local sourcing, that help to support both local businesses and the wider community, are top of Tillery Valley's agenda.

The company is also proactively helping to reduce the environmental impact of its operations and the minister's tour of the factory enabled him to discover himself the local and environmentally responsible sourcing of the lamb we use.



## THIS MONTH'S ECO TIPS

### Alternative fuel efficiency tips for personal and commercial vehicles –

most people know that driving slower, accelerating slower etc can aid your fuel economy – but did you know the following items help too:-



#### Keep tyres properly inflated -

Underinflated tyres aren't just dangerous — they devour fuel economy by as much as 25%! Overinflated tyres aren't efficient, either. Also keep your tyres balanced and in alignment.

#### Don't idle -

Turn off your engine if you'll be idling for more than thirty seconds. Starting your vehicle does use a burst of fuel, but not as much as allowing the engine to idle too long.

#### Lighten your load -

Carry only the bare necessities — don't carry excess things in your boot. For every extra 100Kgs, you lose about one mile per gallon in fuel economy.

#### Reduce drag -

About half of your vehicle's energy is expended overcoming air resistance. (The other half is expended in acceleration.) Reduce your car's workload - remove anything that might cause drag: roof bars, bike racks, ski racks, etc,

#### Keep your cool -

Most people claim that it uses more fuel to use air conditioning than to wind down the windows. Actually both reduce fuel economy by about 1 mpg. Best to use the fan on cold and open the window or use aircon on the one day a year it gets too hot!



# CHRISTMAS - BAH HUMBUG!

While many of our customers may still have their summer holidays to look forward to, we at TVF are already preparing for the Christmas period. Further information in respect of menus, order timescales etc. will be provided to each customer in addition to being covered in the September / October edition of Foodsense.



## FOOD COUNTS!

### Delivering Nutritional Care through Food and Beverages Services (aka Toolkit) Review

Five or six years ago I led the team who wrote the above document and the time has come around for the content to be reviewed. The original is a heavily thumbed document on my own desk, and I know that it is widely used both inside and outside the dietetic profession. The passage of time and many changes in food service, catering, legislation, monitoring and dietetics since 2006 necessitates its update. This time I am delighted to say that Maxine Cartz, Healthcare Dietitian with the Compass Group, has risen to the challenge of leading the review team.

Even when decisions are based on clear evidence, members of the Toolkit Review Working Group (TRWG) do not underestimate the challenge of reaching consensus amongst even a relatively small profession. Food provision in care settings is very emotive and everyone on the team is highly passionate about it. It is also an area where there is a paucity of research. So when producing a reference document for use by the entire dietetic profession as well as by people outwith dietetics, one must be sure to 'get it right' and that it is objectively based on sound evidence or clear consensus.

We got off to a flying start with last November's workshop at our cross-professional Food Counts study day - plus having attracted a strong and supportive review team. It's always a challenge to take on work like this in addition to one's normal workload, but thankfully as a team we are all pulling together and our leader is just about managing to keep some late evenings free for Toolkit work. Her husband calls it TT; Toolkit Time!

So far we have had three successful meetings at our favourite venue, Brakes HQ near Covent Garden; and if time allows it can be difficult to resist a bit of therapeutic shopping on the way home! Our core team comprises of 11 (female) dietitians and one very brave (male) caterer. We also have support from a group of dietitians from the home countries.

Each member of the team has been allocated to lead the review of one or more chapters from the original Toolkit and they are also link people to our stakeholders. Communication is very important so that we have the maximum buy-in. Email traffic is at an all time high but it is worth it as we all discover that everyone involved has a nugget of knowledge they are willing to share.

At our June meeting we held a TRWG 'stakeholder' event when we invited a wide group of representatives from, amongst others, Age UK, Coeliac UK, Royal College of Nursing, NACC and BDA specialist groups. All those present said that they wanted to engage with the review and would be pleased to give some time to ensuring that the final document meets their clients' needs.

As Chair of Food Counts, I cannot finish this update without giving my thanks to everyone on the core team, the TRWG leader Maxine Cartz, those assisting from the UK home countries and our various stakeholders and all other interested parties. The support is immense and I look forward to sharing with you the launch of our 'achievement' (as yet untitled!) towards the end of this year.

In the meantime if any Foodsense readers have any comments on the current document, please email me at [anne.donelan@tilleryvalley.com](mailto:anne.donelan@tilleryvalley.com)

Anne Donelan  
Dietetic Services Manager

