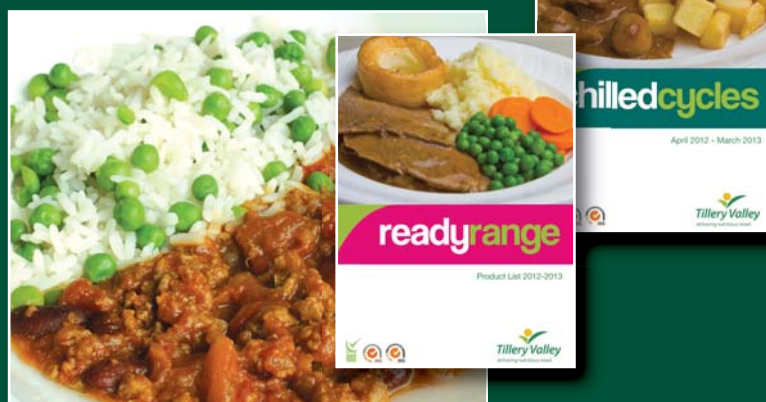


The changes behind our new recipes for 2012

As part of our annual review of the Chilled Cycles and Ready Range we always act on feedback we have received from you, our customers, over the past year.

As well as key quality improvements, such as improving the consistency of some sauces, we also respond to your dietary or trust policy needs.

An example of supporting trust policies regarding alcohol is removing alcohol from our dishes and to ensure that when we do use it, this is evident from the dish name. From a dietary perspective we are always seeking to increase our range of gluten free and softer, easier to eat dishes and to offer a wider range of higher energy choices.



Product Code	Product Name	Recipe Change Reason
1487	Lentil Soup	Removed spiciness from recipe – previously Spicy Lentil Soup
2140	Ocean Pie	Parsley added for colour in sauce
3090	Chilli con Carne	Now gluten free and improved colour of sauce
3175	Steak & Kidney Pie	Removed red wine to make it alcohol-free
3502	Pasta Carbonara	Removed mushrooms to make dish softer and easier to eat
3547	Sliced Ham in Parsley Sauce	Sauce thinned to improve stability and brand of parsley changed
3850	Savoury Minced Lamb	Removed celery to make dish softer
3870	Shepherds Pie	Removed celery to make dish softer
4206	Spinach & Ricotta Ravioli in Cheese Sauce	Sauce thinned to get better coverage so that the pasta cooks better

NEW CAKE RANGE NOW AVAILABLE!



A new range of individually wrapped cakes is now available.

These can be ordered as single units avoiding the need to order and store more than you can use at any one time.

Available in the following varieties further details regarding dietary suitability etc. can be found in appendix 5 of the new 2012/13 Chilled Cycles and Ready Range product brochures;

- *Twinpack Biscuit with Golden Syrup*
- *Double Chocolate Finger Muffin*
- *Strawberry Layered Sponge Cake*
- *Blueberry Finger Muffin*
- *Carrot & Orange Finger Muffin.*

"Voice" of progress

Tillery Valley is committing a significant investment to introduce a state of the art picking process which will ultimately see the current paper based process replaced by a "voice directed" system.



Under the system a small mobile computer will be worn by each operator along with a headset from which will be fed picking instructions via a new onsite RF Network. The system will direct operators to specific locations where they will be required to undertake and confirm a number of processes which when completed will ensure orders have been accurately picked and are fully traceable. Delivery presentation will be greatly enhanced along with accurate detailed information of where every single foil, or case, of the delivery is situated.

The new system will be implemented within the goods in function, all picking operations, finished goods stock and loading functions.

There is an anticipated six month build and implementation process, which should see the project completed towards the end of September 2012.

Nutritional Know How National Salt Awareness Week 2012

Tillery Valley dietitians, Anne and Julie, were pleased to be invited to the National Salt Awareness Week Parliamentary Reception, held in the Terrace Marquee of the House of Commons, and sponsored by David Amess MP. This year's reception included speeches from CASH chairman Prof. Graham MacGregor, David Amess MP and Dr Hilary Jones.

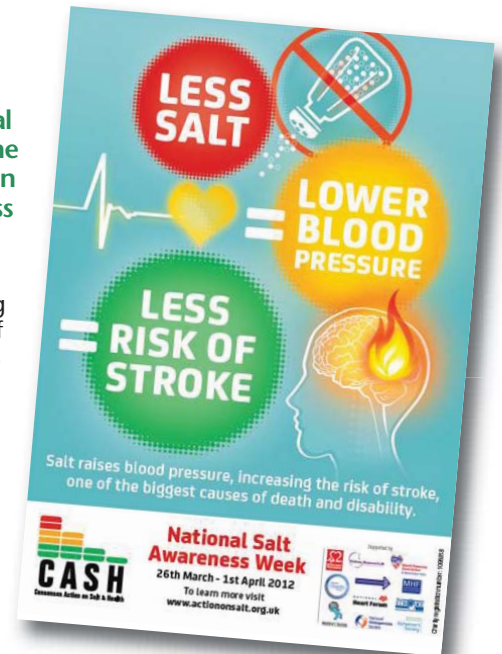
National Salt Awareness Week (26th March - 1st April 2012) is organised annually by Consensus Action on Salt and Health (CASH). The Westminster event provides an opportunity to focus on this year's topic 'Reducing salt; preventing stroke'. This topic was selected in light of the wide body of evidence that links a high salt intake with raised blood pressure and an increased risk of stroke. As stroke is the leading cause of severe adult disability and the third biggest killer in the UK, CASH feels it is important to raise awareness of the links between salt and stroke. CASH wishes to encourage individuals to take responsibility for their long term health and reduce their salt intake, by checking product labels and preparing more food at home.



CASH are working with a number of health charities this year, including The Stroke Association, British Heart Foundation, Blood Pressure Association, National Heart Forum, Cancer Research UK, National Obesity Forum, National Osteoporosis Society, Kidney Research UK, Alzheimer's Society, Men's Health Forum and Meniere's Society. Together, they aim to highlight to the public the risks involved with a high salt diet and the importance of looking at labels to ensure high salt foods are not consumed.

CASH estimate that for every gram of salt removed from the average UK diet 6,000 lives can be saved every year through the reduction in deaths from stroke and heart attack, and will prevent a further 6,000 non-fatal strokes and heart attacks each year. For further information about Salt Awareness Week, please visit the website

www.actiononsalt.org.uk



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