

## Most Popular Dishes

In the early part of 2010 we were asked what our top selling dishes were and in response to a customer enquiry we covered this by product group in successive editions of Foodsense. Following the recent review of our Chilled Cycles and Ready Range product list, has this year resulted in any noticeable changes? In this month's edition we compare beef dishes:

### 2011

1. Sliced Roast Beef in Gravy
2. Beef Casserole
3. Beef Cottage Pie
4. Beef Stew & Dumplings
5. Savoury Minced Beef
6. Cornish Pasty
7. Braised Beef in Mushroom Sauce
8. Corned Beef & Baked Bean Hash
9. Beef Bolognese with Pasta
10. Corned Beef Lattice Pie

### 2010

1. Cottage Pie
2. Sliced Roast Beef in Gravy
3. Corned Beef Lattice Pie
4. Beef Casserole
5. Beef Bolognese with Pasta
6. Savoury Minced Beef
7. Braised Beef in Mushroom Sauce
8. Lasagne
9. Steak & Kidney Pie with Red Wine
10. Hungarian Beef Goulash & Dumplings



## Regulation Concerning the Composition & Labelling of Foodstuffs Suitable for People Intolerant to Gluten



The FSA has been working closely with Coeliac UK and other stakeholders to develop a factsheet for caterers on how to provide information to customers on the new rules.

This will assist caterers train their staff to understand the new descriptions. This will ensure customers who need to avoid meals containing gluten are

provided with information on what foods contain and how they are made. This in turn will help customers make safe and informed choices when eating out.

## Additions to Kealth Dysphagic Meal Range

Three new dishes have been added to our current product portfolio under the Smooth (Yellow Label, texture B) and Smooth and Thick (Green Label, texture C) categories respectively.

These are; **Chocolate Hot Dessert, Lemon Hot Dessert & Porridge.**

Available in cases of 24, these products have been incorporated into a revised Kealth order template which is available from your Catering Consultant or Michelle Brown, Customer and Commercial Services Manager.

The publication can be found on the FSA website – [www.food.gov.uk/newsarchive/2011/may/glutenfree](http://www.food.gov.uk/newsarchive/2011/may/glutenfree)

In practical terms from the 1st January the term "gluten free" can only be used to label those foods that contain less than 20 parts per million of gluten. This change to the labelling requirements of all foods will provide better protection for people with intolerance to gluten. We would like to take this opportunity to reassure all our customers that TVF's existing "GF" coding is compliant with the new standard and will enable informed choices to be made about foods that are safe for people with Coeliac disease.

# UNIVERSITY COLLEGE HOSPITAL VIVE! HEALTH STEAM MEAL TASTING FOR THEIR NEW 'STATE OF THE ART' CANCER UNIT

Hasina Aktar, Senior Specialist Dietitian for Catering, recently organised a tasting of TVF Vive! meals for 15 clinical, ward and food service staff from UCLH and Interserve (who provide the catering services) along with some patient representatives.

The plan is to further enhance the range of menu choices for patients who have day procedures in the new 'high tech' cancer unit, planned to open in the coming year. They chose to look at Vive! meals as they offer a level of hot meal flexibility that complements the current unit menu.



*Left : In the foreground is Interserve Head of Catering, Abdellilah Khazri. But we're not sure if it isn't all a bit too late for the chap at the back!*

If any of our readers can suggest a suitable caption for this picture we'll publish it in the next edition of Foodsense.

## 'Menus Fit for Purpose' Workshop at British Dietetic Association Conference



This year's conference was held in the Hammersmith Novotel, in early May. As a significant part of the 'Diversity of Outcomes in Practice' day of the 3 day programme, BDA specialist groups were invited to run workshops. The Food Counts workshop was chaired by TVF's Anne Donelan, who is currently chair of Food Counts (FC).

Hasina Aktar, Senior Specialist Dietitian for Catering at University College Hospitals London, presented her recent experience of using the maxima/minima method of analysing menu capacity as described in BDA best practice guidance, 'Delivering Nutritional Care through Food and Beverage Services'. Hasina used this when developing new paediatric menus for UCLH. Sadaf Saied, Head of Dietetics for G4S FM, then led the practical 'hands on' workshop exercise of actually undertaking a small-scale menu review.

Small scale it may have been, but a huge amount of work went into preparing for this session. It was obviously worth it as 70% of participants gave the Workshop the maximum score of "very helpful" on the evaluation scale.



# FOOD COUNTS!

# STILL HUNGRY TO BE HEARD (SHTBH) TVF CATERING CONSULTANTS WORKSHOP

The TVF team got together with Esmée Russell, Age UK campaign leader, for some 'quality time' to see how TVF could further promote the SHTBH seven step campaign, or weave its principles into their day-to-day work.

The outcome of the day was an exciting and challenging list of a dozen or so actions we could undertake, many in partnership with Age UK. We hope you and your patients will benefit from some of them. We will update you in Foodsense as part of our Age UK features on our progress with the list.

The Team found the day enjoyable and we are indebted to Esmée for running it, as we found out that she was moving house the very next day!

## Nutritional Know How Still Hungry to be Heard

### STEP THREE:

### Hospital staff must follow their own professional codes and guidance from other bodies

The Department of Health's core standards for food and help with eating say that people in hospital should get foods suitable to their diet and any help necessary to enable those eating meals. There are no legislative guidelines that dictate the daily nutritional intake and portion sizes for a specific meal time, however best practice guidance such as that published by the British Dietetic Association (BDA), Hospital Caterers Association, National Patient Safety Agency, Royal College of Nursing and National Association of Care Caterers (NACC) have become the watchwords for health and social care food and beverage services providers and inform monitoring bodies when they develop their own standards, such as:

- English Care Quality Commission (CQC) Regulation 14
- Scottish Government National Care Standards Standard 13
- Welsh Assembly Standard 16
- Northern Ireland Department of Health, Social Services and Public Safety Standard 8



Since ABSSC days, TVF have been active stakeholders in key professional guidance development. TVF dietitians have been members of some NPSA-led working groups such as for the revision of texture modification descriptors, now published as the 2011 'Dysphagia Diet Food Descriptors' and the Council of Europe Resolution 12/11/2003 as interpreted by NACC & NPSA: 10 Key Characteristics of Good Nutritional Care (NACC, 2010).

They are engaged in the 5 year revision of BDA best practice guidance 'Delivering Nutritional Care through Food and Beverage Services' - the next edition of Foodsense will give you an update on this. And also in the NACC move to one New Nutritional Standard across all social care settings, planned to be aligned to the revised BDA best practice in healthcare.

TVF's prime business - and our main concern - is supplying appropriate food to vulnerable people, so there will always be a wide number of stakeholders who need assurance that a complete and nutritionally balanced menu is being served. TVF are committed to using current national guidance to underpin the manufacture of our products and our dietitians set our new and existing product development nutritional standards to reflect such requirements. TVF customers can be secure in the knowledge that the products they are using are fit for purpose when designing menus to suit the tastes of their local communities.

**Anne Donelan**  
Dietetic Services Manager



### Still Hungry to Be Heard

