

2013/2014 Menu and Range Update

Tillery Valley's Menu Review Group comprises key personnel from across the business and is currently working hard towards issuing new chilled and frozen brochures in January of next year.

The new brochures will not just contain details of new products but also revised and improved recipes from our existing ranges. Mark Smith - Catering Consultant and Chair of the Menu Review Group this year comments *"The vast majority of ideas for any additions or changes come directly from customers throughout the year and we aim to incorporate them all if we can. This is an important part of our business and helps us reflect exactly what both new and existing customers require when compiling menus."*

Watch out for a further update from the group in the next issue of Foodsense.



Tillery Valley were proud to be finalists in the Sustainability Leaders Award 2012, within the Waste Management Food & Drink category.

The awards ceremony took place on Wednesday 5th December with TVF narrowly missing out to Sainsbury's.

The awards promote innovation and excellence in sustainable business practices, with TV being recognised for the significant improvements we have made to our environmental performance in recent years.

We are now recycling in excess of 80% of all waste and have significantly reduced our consumption of water, gas and diesel through a variety of initiatives.

We will continue to target further improvements through our ISO14001 certified environmental management system and will keep you updated of our progress.



Foodsense Guest Article

December 2012



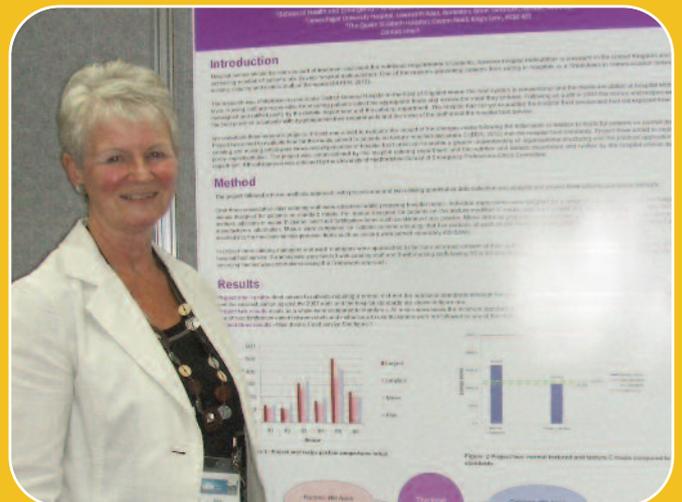
It's Summertime in Australia...

It is now! Just thought that would be an uplifting opening thought as we face the dark dank days leading up to Christmas, up here in the Northern Hemisphere.

Since retiring from TV in June I have been pretty busy travelling further afield than the motorway networks of UK, which were part and parcel of my role when Dietitian with TV. One of the highlights has been my trip to Australia, ultimately to attend and co-deliver a workshop at the 2012 16th International Congress of Dietitians in Sydney, Australia.

Some of you reading this will gulp when I tell you that the delegates numbered over 2,000 dietitians from 63 countries. There was a strong contingent from UK, with several of us presenting or displaying posters. It was very difficult to know which sessions to attend, as the programme was so multi-layered and varied. One nice thing about attending as a retiree was being able to go to sessions just for the sheer interest in it, not prioritising just those connected with work. One highlight was the 'Danish Delights' Herlev Hospital project for cost-neutral all-day cuisine snack service to encourage a better food intake (and thus a better protein intake). And you will be comforted by reading that a theme that ran through many presentations was that ensuring individual patients received the proffered food and beverage services was 'everybody's problem but nobody's job' (Ref: Staff perceptions and explanations for poor nutritional intake, Australian Journal Nutrition and Dietetics March 2011; 68; 41-46).

As well as being in Sydney for the Conference there was time for some sight-seeing. I had planned a month-long trip, and I saw not only Sydney but also Singapore, Melbourne and Brisbane and visited 2 sand islands. All in all I managed to spot whales, kangaroos, koalas, kookaburras, rosella birds (multi-colour lorikeets), white parakeets, pelicans and I also fed dolphins in the sea at a nature reserve. Trip highlights were Singapore (felt so clean, safe and warm), Melbourne's Immigration Museum and the Great Ocean Road tour which included a rain-forest trek and a helicopter ride over the Apostles.



For those of you who may recall names associated with TVF, I met up with Chris Woodbridge (previously TV Technical Director) in a bar in the middle of the Yarra River in Melbourne (freezing!!), stayed for an action-packed 10 days near Brisbane with ex-Sodexo dietitian, Raffaella Piovesan, and her 2 year old daughter Sophia and visited another former Sodexo dietitian, Korina Richmond, and her 19 month old daughter Gabby and her early, newly arrived baby, Benjamin Luke. A month later, Raffaella also produced a son, Rocco. So it was all pretty full on! I really didn't have much time to miss work or home, though my iPad was a good diversion on quiet evenings, catching up with friends and Skyping with home and grandsons.

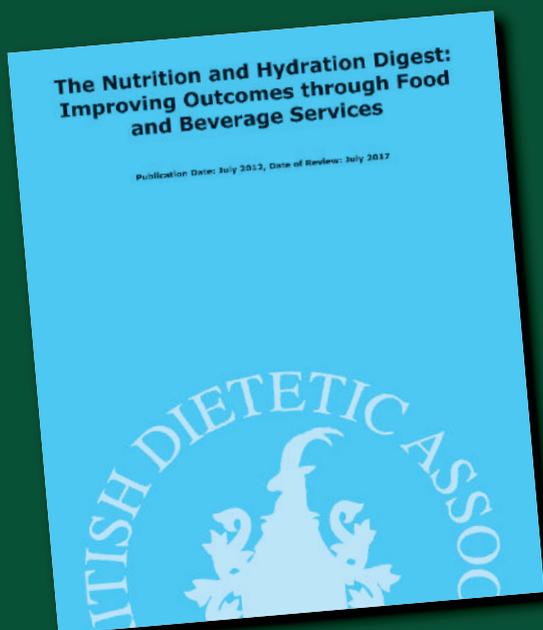
I cannot sign off without thanking everyone who helped to support my attending the conference. The Hospital Caterers Association, BDA specialist group Food Counts and TV were all generous in helping me cover the cost of attending ICD 2012. And my final goodbye to Foodsense readers, wishing you all an enjoyable festive season and a healthy and happy New Year.

Anne Donelan

Nutrition Know How

The Nutrition & Hydration Digest

It has been nearly 5 months since the British Dietetic Association (BDA) published its latest guidance for improving nutritional outcomes through catering services in care settings. Now firmly established as 'The Digest' for short we thought it would be good to review how its recommendations might impact upon Tillery Valley's product range and future innovations.



- We really like the two categories that have been identified for service users on p41 – those who are nutritionally well and those who are nutritionally vulnerable. We know that Scotland has been using these categories for a few years and now that the BDA has further endorsed them we would like to start referring to these categories within our diet coding in the future.

For those of you not yet familiar with the terms they are:

'Nutritionally well' – people who have normal nutritional requirements and a normal appetite or those with a condition requiring a diet that follows healthier eating principles (e.g. obesity or diabetes).

This description roughly aligns to our current 'H = healthier' diet code.

'Nutritionally vulnerable' – people who have normal nutritional requirements but a poor appetite and/or an inability to eat normal quantities at mealtimes; or people with increased nutritional needs (e.g. due to injury or illness).

This description roughly aligns to our current 'HE = higher energy' diet code.

The balance of dishes on a menu should reflect the needs of the population it serves. For example, in an acute hospital ward where there are frail elderly patients you may need to feature more dishes which are suitable for the nutritionally vulnerable. But in a mental health ward where the service users are generally physically well then it may be more appropriate to provide extra dishes that suit the nutritionally well.

- We also like the clarity of the 'Nutrient Standards for Adults' table on p41.

Nutrient (/day)	Nutritionally Well	Nutritionally Vulnerable	Provided
Energy (kcal)	1810 – 2550	2250 – 2625	Daily
Protein (g)	56*	60-75	Daily

*For females of the same age bracket the RNI is 45g.

We hope to see these figures being incorporated into future catering specifications as a national target for all service providers as they are the most evidence-based figures we have available.

- The day parts approach on p45 is completely new to us but we think it is an excellent way to demonstrate how the nutrient standards in the table above can be achieved from a typical care setting menu. It usefully shows the significant contribution that breakfast and good quality snacks can make to achieving the overall target. We take particular note of the table on p46:

Energy Targets for Practical Meal Planning			
	Energy (kcal)	Energy(kcal)	Energy(kcal)
Midday Meal			
Minimum			
Nutritionally Well	300	500	800
Nutritionally Vulnerable			
Evening Meal			
Minimum			
Nutritionally Well	300	500	800
Nutritionally Vulnerable			

Targets have now been set for complete meals (i.e. starter + main + dessert) rather than for each course separately.

- The **minimum** protein content for any main meal has been set at **15g** (p46). Where a service user chooses a dessert such as fruit or jelly the protein contribution will be negligible. Where a service user chooses a powdered soup rather than a nourishing soup the protein contribution could be as low as 1g. We must also bear in mind that not all care providers offer starters and desserts at each main meal.

So looking at the main course in isolation, the minimum amount of protein that starch and vegetables could provide is ~3g so we are going to set an internal minimum standard for all entrees to provide at least 11-12g protein per portion (including vegetarian ones). We are going to set a separate minimum standard for all individual complete meals (e.g. SimplyServe, Vive!) to provide at least 15g protein. This will be more challenging for some dishes than others but this will be a focus of our product development projects over the coming year. In doing so we will be helping our customers to meet the new protein standard.

Where customers offer our nourishing soups and hot desserts alongside the main course they should have no problem meeting the higher protein standard for nutritionally vulnerable people which is **23g** protein per main meal.

Continued Over.



- On p57 the definition of a 'Nourishing Soup' has been clarified and a portion is required to provide at least 100kcal and 3g protein. We are pleased to confirm that all Tillery Valley nourishing soups exceed this requirement.

- A new approach to diabetes is encouraged. On p76 we are told that it is no longer appropriate to talk about a 'diabetic diet' and this has prompted us to reconsider our diet coding for people with diabetes. 'The Digest' teaches that people with diabetes who are nutritionally well should be following a general healthier eating diet where fat, sugar and salt content are all moderated – it is no longer appropriate to focus solely on sugar. Conversely people with diabetes who are nutritionally vulnerable may have different priorities and if they were to follow a typical healthier eating diet this may in fact add to their level of nutritional risk – i.e. increase their risk of malnutrition. For such people it may be suitable to allow higher energy foods which contain added fat and sugar **as long as** blood sugar levels are appropriately monitored and controlled. We are also very much aware that carbohydrate counting is becoming more common where people with diabetes administer an insulin dose according to how much carbohydrate they have consumed at a meal. We know the science suggests that total carbohydrate content is a more accurate indicator of effect on blood sugar levels than total sugar or added sugar in isolation. Hence next year we are proposing to:

- Discontinue our practice of having a diet code called D = suitable for people with diabetes

- Educate customers to signpost service users with diabetes who are nutritionally well to choose dishes with our general healthier eating diet code rather than a specific diabetic one

- Increase the prominence of total carbohydrate content within our brochures to aid customers that need to facilitate carbohydrate counting

We note that advice on potassium allowances for meal accompaniments is slightly different to previous guidance from the BDA Renal Nutrition Group in 2001 and the table below from p82 is a useful summary:

Meal Element	Minimum Portion Size	Average Protein Content	Potassium Content
Entree		18g	< 12mmols
Starchy food	115g	> 3g	< 10mmols
Vegetables	80 – 160g	> 2-4g	< 8mmols
Dessert		5g	< 8mmols
Total Meal		28g	Will vary depending on patient choices, as controlled by offering suitable dishes.

- We are pleased to see the recommendation on p95 that dietary coding on menus should be kept to a minimum. Menus can become overloaded with codes which may be irrelevant for most service users and Tillery Valley is seeking to reduce the number of diet codes we use to support this concept. From April next year we plan to remove some of our least used codes and combine some of the ones that are similar (e.g. R for reducing, MF for moderate fat, D for diabetes, MS for moderate salt and H for healthier may sit better as a single healthier eating code for the nutritionally well). We plan to consult further on this topic so watch this space.

If you haven't yet downloaded a copy of 'The Digest' you can get a copy free of charge at

<http://www.bda.uk.com/publications/NutritionHydrationDigest.pdf>



And Finally....

As another year draws to a close the staff at Tillery Valley would like to take this opportunity to wish all their customers a happy Christmas and a peaceful New Year.




Tillery Valley
 delivering nutritious meals

Email addresses change frequently -
 If you change your email address please be sure to advise our
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