



foodsense

MONTHLY NEWS & VIEWS

april 09 issue

National Vegetarian Week 18th - 25th May 2009

In support of the NVW next month we would like to remind you that we hold an interesting range of vegetarian dishes in our frozen Ready Range, available from stock and easily added to your normal delivery – ideal for ringing the changes in your staff restaurant.

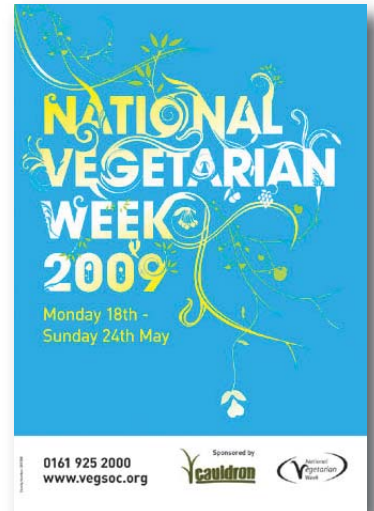
We are also beginning the process of reviewing our range of vegetarian meals for patient food service with the intention of creating a selection of new vegan meals.

Whilst we appreciate that the demand may be relatively small, the need is never the less important and in our view generally not very well catered for. We would welcome any ideas on how we should approach the development of these dishes. In submitting your ideas we would ask you to consider the fact that we cannot incorporate nuts as these are excluded from our raw material listing.

The top 3 ideas will be featured in a later edition of Foodsense and will be shown at this year's Over to You meetings.

Ideas should be submitted by email to les.darlington@tvf-online.co.uk

Thank you



CELEBRITY CHEF TASTES HOSPITAL FOOD

Nigel Smith, Celebrity Chef from Ribby Hall Village, Wrea Green, recently attended a food tasting session at one of Blackpool, Fylde & Wyre NHS Foundation Trust Hospitals, Wesham Rehabilitation Hospital, to taste the delights of the Tillery Valley menu served to the Trust's patients.

Nigel has been working with the Trust as a Consultant to the Catering Team in an initiative to improve on the current high standards and to develop a new range of dishes for both staff and patients. Nigel enjoyed the opportunity to sample the different dishes produced by Tillery Valley.



Left to right:
Yvonne Widdows (Senior Site Services Manager), Nigel Smith, Carol Molyneux (Assistant Director of Facilities)

The food tasting session was held for members across the Trust to sample the patient's food as part of the start of a new contract for the Trust.

From 12 January 2009, the Hotel Services Department was awarded the contract to provide Facilities Services to the Trust's 3 PFI Hospitals.

Nigel, along with Trust Directors and Ian Almond, Head of Food Control for Blackpool, tasted some delightful dishes such as Thai Red Chicken Curry, Lamb and Cider Casserole with Dumplings, Ocean Pie, Steak and Kidney with Red Wine Pie, Apple Crumble and Bread and Butter Pudding.

Nigel commented that the quality and presentation of the dishes tasted were of a high standard with good flavours, consistency and choice.

Time for Change

Timed to coincide with our 25th year of trading and to endorse our approach to delivering meals that really matter, we are updating our company logo. The change reflects our commitment to ensuring our clients may confidently serve meals that make a real difference to the quality of their customers' daily lives.

The first signs of change will be evident through our new website announced last month and then progressively you will see the new logo on our marketing materials, invoices, delivery notes and delivery vehicles.



Coeliac UK's 2009 Awareness Week May 11th to 17th

Anne Maloney of Coeliac UK writes:

Coeliac UK have teamed up with the National Trust and National Trust for Scotland and already over 50% of the properties have signed up to the campaign. Many of our local groups are organising visits to these properties during the week and arranging lunches and afternoon teas at the venues.

Coeliac UK will also be out with parliamentarians and key stakeholders. We are holding tea parties in Westminster, Holyrood and Cardiff for maximum impact so we can lobby policy makers about some of the key issues.

Some commercial partners have already committed to exciting initiatives that will support our Awareness Week including:

- money-off coupons for specific gluten-free products in some key retailers, including Tesco and Waitrose
- money-off restaurant bills
- awareness raising posters in pharmacies
- competitions to win delicious gluten-free products
- free cups of tea and coffee in coffee shop outlets
- Awareness raising stickers on products in health food shops



We hope that you will consider supporting our Awareness Week this year with some activity locally or nationally. Please let us know details of any specific offers or events and we will include the information in our Awareness Week electronic newsletter, eXg, on our website and in our Volunteers' Newsletter.

We look forward to hearing from you, thank you for supporting Coeliac UK.

Anne Maloney
Corporate Partnerships Officer
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DID YOU KNOW?

Tillery Valley Foods was founded 25 years ago this month and the company's longest serving member of staff Denis Farrell has been with the company for all of the time. Originally employed as our Head Chef/Production Manager, Denis now manages the procurement function within Tillery Valley Foods. Our congratulations go to Denis for a terrific achievement.

NHS Carbon Reduction Strategy for England

January 2009

A dietitian's perspective

The most newsworthy aspects of this document relate to the recommendations regarding food. This may say a lot about the interest stimulated by the document, in that food per se only receives a minor mention in the text.

Through consultation feedback, the strategy details 10 evidenced areas where the NHS, as the largest Europe and UK employer and public health role model, can significantly influence a reduction in carbon emissions. The key areas remain energy, travel and procurement - and food is addressed in the latter. To put food into context, whereas pharmaceuticals, medical instruments and equipment account for c.6 million tons of carbon emissions (over 60% of total), food rates only 0.39 million tons of carbon emissions.

In the expanded chapter relating to food, it is highlighted as a key area for the NHS as one of the largest purchasers and providers of food for staff, patients and visitors. The source of the thinking behind the recommendations to use more sustainable fish and reduce reliance on milk, meat, dairy and eggs is not referenced, and there is no indication of any input from the British Dietetic Association or dietetic advisors.

As dietitians, we are concerned with the real problem of hospital food and beverage services, which is that people who attend hospitals do so for clinical reasons - and are often at their sickest. There is plenty of evidence to support this. Restricting menus where there is no evidence that this is beneficial nutritionally is not a dietetically sound option. Reducing reliance on meat, dairy and eggs removes at a stroke the important and cost-efficient macro and micronutrient delivery offered by these familiar items, as well as overall menu appeal and especially dishes perceived as 'light and easily digested'.

It also cites the use of seasonally adjusted menus. Seasonally adjusted menus probably make little difference as vegetables are usually sourced at a standard price all year round via contract and /or used from frozen to manage wastage and seasonal fluctuations. When properly managed frozen products can often offer a superior nutritional content to fresh product and avoid the expense and effort associated with too-frequent revising and reprinting of menus.

A key area for improvement in food and beverage services is waste management. Staff at every level, from Board to Ward, should take personal and professional responsibility not to waste any NHS resource. Ensuring that the correct food is served at the correct portion to the correct patient is fundamental to managing food as a resource, and processes must be tight enough to prevent unnecessary over-provision of food and beverages.

Whilst noting the exclusion of bottled water due to the recycling issue, I hope that it does not detract from optimising the provision of ample safe, fresh water and fluids for all. Within food and beverage services there are clearly ways of reducing energy expenditure in terms of fuel, refrigeration and staff costs, but not at the expense of attractive food and beverage services that benefit patients' (and staff and visitors') nutritional status.

It is a shame that case studies in the food and beverage services section are outweighed by those on nappies, and are biased towards those that have been widely promulgated as 'model' systems for local sourcing. They sometimes overlook confounding factors, and the over-arching NHS need for food security: year-round consistently safe, nutritional adequate, suitably priced and appropriate quality food suitable for patient, staff and visitor use. There is widespread confusion that there is a positive link between 'nutritious food' and 'sustainable and local sourcing' which provides dietitians with concerns that the key issue - which is that their patients receive optimal and safe nutrition - can become put aside.

Finally, as a dietitian I welcome the strategy's focus on transport, coupled with other areas that promote better physical activity and diet, and the objective of reducing the incidence of obesity. As the largest employer in UK, the NHS has plenty of opportunity for health-promoting lifestyle schemes for young, fit and able employees. But - please! - not for compromised frail, debilitated and ill people i.e. the people that need and use the NHS.

Anne Donelan
Dietitian

This is an edited version of Anne's article submitted by Food Counts! for future publication in Dietetics Today.

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