

Les Darlington Honoured at Cost Sector Catering Awards

Les Darlington, Sales Director with Tillery Valley Foods scooped the Salesperson 2010 Award at the recent Cost Sector Catering Awards.

Commenting upon the award, Simon Scrivens, Managing Director of TVF said, "Les (and indeed his Team) have toiled tirelessly over the years to build this business up from very small beginnings and this award is recognition of both effort and success".

MOST POPULAR DISHES

Continuing on from the theme of most popular dishes, this month we are focussing on our range of beef dishes:

- Cottage Pie**
- Sliced Roast Beef in Gravy**
- Corned Beef Lattice Pie**
- Beef Casserole**
- Beef Bolognese with Pasta**
- Savoury Minced Beef**
- Braised Beef in Mushroom sauce**
- Lasagne**
- Steak & Kidney Pie with Red Wine**
- Hungarian Beef Goulash & Dumplings**

Keep an eye out for next month's list to see if your favourites are amongst them.



CARBON TRUST RECOGNITION

TVF has now been awarded the Carbon Trust Standard in recognition of both its achievements to date and future commitment to carbon / energy reduction.

Chris Woodbridge, Technical Director stated, "the Team at Tillery Valley are very pleased as we believe we are one of only 3 food manufacturing businesses in the UK to have achieved the standard so far and can claim to be the first ready meal manufacturer".

The site has managed to reduce its energy usage by 10% each year for the past 3 years in a growing business.

More information on the Carbon Trust Standard can be found at www.carbontrust.co.uk



Menu Revision 2010- Countdown

Further to our earlier communication about this year's menu changes please note that the deadline for the receipt of amended orders was: **Wednesday 21st April 2010**

Please remember that the **new chilled cycles** will take effect from food service on **Wednesday 5th May 2010**.



Important changes to Tillery Valley email addresses

Please note that the old TVF-online.co.uk email address is now no longer functional as the transition period has come to an end. The new tilleryvalley.com address should be used for all future email contact.

We would urge you to check and amend your existing address book to ensure that the change has been initiated to avoid misdirected or stray emails not reaching their intended recipient. Thank you.

Nutritional Know How

HOW MUCH FISH, OILY FISH AND SHELLFISH SHOULD WE BE EATING?

The FSA have recently updated their advice regarding how much fish we should be eating as part of a healthy diet, putting an upper limit on some fish. We all need to balance the twin issues of making sure that we get all the important vitamins and minerals provided by fish, with concern about the sustainability of fish stocks.

The thrust of the revised advice is to promote eating a wide variety of fish and for certain sectors of the population to take care not to overeat of certain varieties due to the build up of possible pollutants.

New guidance is now available on the FSA 'eatwell' website, which comes as a result of much activity and consultation on this topic. www.eatwell.gov.uk

At a recent monthly Parliamentary Food and Health Forum meeting at The House of Commons, Lord Rea introduced the guest speakers: Jack Winkler, Professor of Nutrition Policy at London Metropolitan University; Professor Callum Roberts of York University; and Andy Beadle of BASF to give the group an overview of the current fish situation, along with new ideas about aquaculture.

What's so good about eating fish? Do we eat food or nutrients?

Food - Menu variety for one thing, variety being the spice of life! And structure to the week - some people like to maintain the tradition of eating fish on a Friday.

Nutrients - this is actually quite complex and can be fish-specific. In general terms, all fish and shellfish are a rich bundle of nutrients, providing essential protein, vitamins and minerals. The key thing about oily fish is that it provides us with a rich source of nutrients and omega 3 fatty acids that we cannot make for ourselves, and must be sourced from our diet. Fish are our richest source of omega 3 fatty acids that are essential for establishing a healthy nervous system and protecting against heart disease.

Type of fish	What are these?	Nutritional highlights	Healthier meals
White fish	Haddock, plaice, coley, pollack, hake, halibut, hoki, sole, marlin, monkfish, panga, snapper, mullet, sea bass, sea bream, skate, tilapia, turbot, whiting; canned tuna (has higher fat and calorie content)	Very low in fat and calories, so if cooked without added fat provide a 'healthy' choice	Avoid coating in batter or crumb and deep or shallow frying - or serving with rich creamy sauces, chips and dips. Serve with baked beans or peas, and thick chips or baked potato wedges. Go easy on the salt and ketchup.
Oily fish	Trout, mackerel, salmon, herring, anchovies, eel, swordfish, fresh tuna	High in vitamins A & D for skin and bone health. Rich in omega 3 fats that protect against heart disease	Serve lots of bread with these fish or their pates, look for them made with lower fat ingredients. Toss chopped anchovies into vegetable stir fries and salads. Try jellied eels!
Oily fish where you can eat the bones	Whitebait, sprats, soft small bones of bloaters and herrings, canned sardines, salmon and pilchards	Extra dietary calcium and phosphorous for bone health	Sandwich, wrap, pitta fillings with salad and low fat dressings. Fish cakes, oven baked.
Shellfish	Oysters, mussels, prawns, shrimps, squid	Low in fat. Rich sources of selenium, iodine and copper. Some contain omega 3 fats (mussels, oysters, squid)	Think twice about deep frying and rich sauces - just a squeeze of fresh lemon and ground pepper! Serve with plenty of fresh bread and salad.

Do we eat enough fish?

Experts have been arguing that we should eat more fish since the 1930s. Jack Winkler says: "People in the UK eat an average of 50g per person per week despite fish and chips being a traditional UK food. People in the UK eat even less oily fish - most of our herring and mackerel catches are exported to continental Europe." The SACN scientific expert's report (2004) established a target of 280g per person a week i.e. 5-6 times that amount.

How much is enough?

Based on the scientific expertise of the 2004 SACN report, the recommendation for the UK population is: Two portions of fish a week, one of which should be oily.

- However, that intake of oily fish will never achieve the necessary fatty acid intake recommendations for the population because omega 3 fatty acids are very good for the health of our hearts.
- So, most people should be eating more oily fish.
- The FSA now advise that we should eat a maximum of 4 portions of oily fish a week and less for would-be mothers, expectant and breastfeeding mothers and children. And no more than one portion of swordfish, marlin or shark. (A portion is around 140g.)

Why?

- Because of the potential build up of pollutants such as dioxins and PCBs in oily fish that can slowly build up in our bodies over time.
- Some other fish are also pose a 'risk' such as sea bream, sea bass, turbot, halibut, dogfish - and also crab.
- Limit swordfish to one portion a week, as some can have a higher mercury content.

Mums and mums-to-be take care!

If you are planning to become pregnant, are pregnant or breastfeeding then 2 portions of oily fish is the **MAXIMUM** you should eat over a week. Whilst the omega 3 fats are top-notch for a baby's nervous system development, they can contain other less desirable pollutants such as dioxins and PCBs. And **AVOID** shark, swordfish and marlin as they can contain mercury, as can tuna can to some extent.

These pollutants are nowhere near danger levels themselves but there is a possibility of them building up in our bodies to levels unsuitable for a new baby's development.

For the same reason, children below the age of 16 years should not eat shark, swordfish and marlin. Because of the risk of developing food allergy it is advised not to introduce any fish before weaning is well-established i.e. after 6 months of age and the child on a varied mixed diet.

Next month's article will look in more detail at this topic, and answer some common queries about fish, pollutants and omega 3s.

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