



foodsense

MONTHLY NEWS & VIEWS

february 09 issue



Look Out for the April 2009 Chilled Meals Cycles and Ready Range Product List

By the time you receive this edition of Foodsense you should have your copy of the new chilled cycles effective from 8th April 2009 and an up to date list of Ready Range products.

If for some reason you have not received these, please contact sales@tvf-online.co.uk and request a pack be emailed to you.

NEW PUBLICATION: *NUTRITION IN INSTITUTIONS*

We do not normally promote books through Foodsense but this one demands a special mention, as our very own Anne Donelan's work is referenced in it.

Those of you that have met and worked with Anne will know that she works tirelessly to promote a better understanding of nutrition and its contribution to health and wellbeing in both healthy and not so healthy people. Therefore, when she asked for a copy of this book it came as no surprise to us, as she likes to keep up with current developments.

Imagine her delight then, whilst reading the book, to find some text devoted to her master's thesis and (Donelan, 2000) – so 'Well Done!' from all of us, Anne, and very well deserved too!

Anne has gamely promised to review the book for next month's Foodsense - when she has finally ploughed her way through it!

MEET THE TEAM

Jeff Dunlop, High Risk Operations Manager

Jeff started with TVF in June 2008 as High Risk Operations Manager and in his current role has a staff of 126 spread across 3 shifts with each shift initially managed by its own manager who reports directly to Jeff.

Jeff's main responsibilities centre around controlling production output of which labour management and minimising waste in a 24 hour operation are key components.

Prior to joining TVF, Jeff spent two years with a company producing chilled desserts and ambient cakes for a well known high street retailer (the cakes were not just cakes they were M&S cakes!) and before that spent 10 years with Sony making TVs.

A big rugby fan, Jeff has high hopes for Wales in the forthcoming 6 Nations – dream on!

CONGRATULATIONS ARE IN ORDER

NACC South East Region Community Meals on Wheels Week Award

The National Association of Care Catering (NACC), South East Region, presented London Borough of Redbridge Service Manager – Community Meals and Projects Manager Vivien Rose as winner of the 'Tina Welch Community Meals on Wheels South East Award' on 2nd December at Hobart office, Southgate.



This was the first year the award was presented in memory of Tina Welch, a dedicated NACC member who sadly passed away in September 2008. Tina's husband Steve Welch presented the award.

One of the events organised by London Borough of Redbridge during National Community Meals on Wheels Week was arranging for service users to have 'Lunch with the Mayor' at one of the Authorities' Day Centres where the Community Meals service supplies the meals, in addition to delivering meals to approximately 500 service users to their homes.

Vivien Rose commented that this week is an excellent opportunity to promote the service, raising awareness, and publicising the importance of providing nutritional care for all our service users, especially the elderly, and supporting them to live independently.

Runner up for the award was Era Varellas, Contract Manager – Catering for the London Borough of Haringey.

The Community Meals Services in both Boroughs utilise Tillery Valley Foods Simply Serve and Ready Range products which are supplied and cooked by Sodexo Home Service.

RTT Update

We have now identified the second set of "test pilots" for our Excel based version of Real Time Technical (RTT). We are working closely with the web designers in making sure that the new Tillery Valley website has the capability to hold a fully functional version of RTT. The pilot will be closed at the end of February, with feedback collated and worked on during early March.

As a reminder, to compensate for the delay in launching, we can release copies of the Excel version to anyone who needs current data prior to the launch of the web version. Please send an email to angela.wilson@tvf-online.co.uk and we will gladly send a copy. It's not too late if you want to be a "test pilot" for the second stage, the more pilots the better our overall feedback will be. So please also contact Angela if you want to take part in shaping the future of RTT!

TVF Technical & Dietetic Teams

NUTRITION & SAFETY:

ENGAGING WITH PRIMARY CARE WORKSHOPS NPSA/RCN/WRVS/NHS NATIONAL REPORTING AND LEARNING SERVICE

I attended the first in a series of 6 workshops being held to move the NPSA Safe Food and Hydration agenda out into the community and engaging with primary care providers. The workshop had elements of a focus group, delegates identifying specific issues relating to safe food and hydration practices in the varied community settings, from residential care homes to Meals on Wheels (MoW) delivered to peoples' houses. Delegates had some 'time out' for themselves and to help shape how NPSA can support and enable them with the resources to take their identified actions forward.

As the company dietician, the demands on my time veer towards issues relating to acute patient care (perhaps because there are far more dietitians working in that setting!). So it was a great opportunity to focus on the issues of our clients out in the community. Also to see how many aspects of the work that NPSA and RCN are doing are transferable across care settings.

The main themes that emerged as common barriers for participants were: needing more training in nutrition and hydration awareness for all staff; what is an appropriate 'healthy diet' for older people in community settings? is MUST the best tool for use in community settings? budgetary constraints; how to promote to care staff the association of food and drink with care.

In the main, delegates were care home managers, their staff and caterers plus some community nurses and dietitians - and it was about right in terms of the overall balance.

The overwhelming desire of participants was to see community food and beverage services receive the same government priority as the School Food Trust and Better Hospital Food achieved, by having a national campaign and a high profile champion. And that care staff are supported by funded training in safe nutrition and hydration to a national standard, including mandatory induction training for all staff.

Readers should be alert to the need to inform the NHS National Reporting and Learning Service of ANY unintended or unexpected outcomes that led, or could have led to patient harm, and which includes adverse incidents regarding safe nutrition and hydration. This is essential information to build the database of evidence that supports moving safe food and hydration up the NPSA agenda, to help improve the quality of life and care experience for NHS-funded patients, wherever they are receiving care. To do this takes no more than 5 minutes on line and is anonymous.

www.eforms.npsa.nhs.uk/staffform

Next month's edition will contain a feature on the new BAPEN report on malnutrition and the many resources appropriate to community settings that can be accessed by linkages from organisation websites e.g. NACC, NPSA, BDA, RCN, HCA, BAPEN

National Salt Awareness Week February 2nd - 8th 2009

Consensus Action on Salt & Health turns attention to Eating Out

'How salty is your food when you eat out?'

**Don't be afraid to tip your waiter before your meal.
Pass it on to the chef!**

We don't expect sugar in our coffee so please let us choose how much salt we'd prefer. Eating too much salt puts up your blood pressure and can lead to other medical problems.'

Government ministers and speakers from CASH, FSA and DH gave supporting addresses and highlighted the public health benefits achieved so far. CASH equate that 6,000 lives have been saved through their awareness-raising campaigns and that UK are globally leading the way in their actions vis-à-vis salt and health. EU attention has been raised to UK success and how 'easy' it is to engage with the public and food industry to reduce salt in the diet.

The chefs amongst you may not be surprised to hear that Anton Edelman, the chef 'salt champion' for his profession, took a slightly different view.

He assured everyone that salt was indeed "absolutely necessary in cooking". In support of this he reminded us that salt intensifies and teases out flavours. But that chefs can overdo it! Oils and fats can have a similar effect but are also on the 'lower it' list as part of the FSA campaign. He reminded us that

- *Amongst other ingredients, herbs and spices are especially useful for accentuating flavours instead of using salt*
- *Nothing consistent is happening nationally in catering college curricula to promote the use of less salt*
- *Salt is an essential component in the chemistry of some cooking methods*
- *Caterers frequently need to use long-life foods in which salt's preservative properties also keep food costs down; the more expensive meals are more likely to contain much less salt and rely on fresh ingredients, cooked to order*
- *You can ask for the chef to use less salt, or send back over-salted food! Also restaurants can remove salt from tables, making it available on request*
- *Education of young people from early school age upwards is essential to strengthen public influence on out-of-home catering.*

The National Trust joins Coeliac UK to raise awareness of coeliac disease

Coeliac UK, the national charity that supports people with coeliac disease launches in February its new partnership with the National Trust for its latest campaign, Free for Tea?

The campaign is designed to raise awareness about coeliac disease, a serious lifelong autoimmune disease triggered by eating gluten - and the consequences of maintaining a strict gluten-free diet when eating out.

Throughout May, a number of the 150 National Trust tea shops, cafes and restaurants will lead the way in supporting Coeliac UK's Free for Tea? - providing information on the condition and gluten-free options on their menus. Over 15 million people visit National Trust properties every year and it is expected that the campaign will reach thousands of visitors by the end of May.

The awareness campaign will run throughout May, with Coeliac UK holding a specific Awareness Week from 11th - 17th May.

For further information, please contact:
Kate Newman kate.newman@coeliac.org.uk
Tel: 0208 3997478 / 07952071014

Email addresses change frequently.
If you change your email address please be sure to advise our
Customer Services Manager Michelle Brown:
michelle.brown@tvf-online.co.uk

Tillery Valley Foods Limited, Cwmtillery Industrial Estate, Abertillery, Gwent NP13 1LZ
Telephone: 01495 211555 Fax: 01495 213839 www.tvf-online.co.uk

