

UPDATE ISO14001

Further to our earlier communication we can confirm that we will commence the auditing process on the 26th Feb 2010.

The audit will challenge every aspect of our Environmental Management System which has been upgraded to meet the British Standard by Cath Lillow (Technical Services Manager). Cath is project managing the audit process which will take a few months for a site as complex as Tillery Valley however we will update you on our progress in future publications of Foodsense.



RECYCLING

The Technical Team have scoped out the next steps for improving Tillery Valley's recycling status from 50% to 75%.

The initial step has been taken to employ someone to support the waste team in segregating all recyclable waste as it exits the factory. Chris Woodbridge (Technical Director) expects in time for the extra labour cost to pay for itself in reduced landfill fees and is looking forward to plotting our progress towards the 75%.

Carbon Trust

The Technical Team have also been working hard to allow the site to embark on gaining accreditation to the Carbon Trust Standard, the auditing process for this will have commenced by the time you read this article. This will be a significant step forwards in demonstrating how serious the business is about improving its green credentials.

Most Popular Dishes

At this month's customer workshops we were asked the question what were our top selling dishes and were there any notable regional variations. An interesting question and my thanks go out to our client Neil Bamford from Manchester for raising this.

In summary there is little to show in terms of regional differences and that may have something to do with the way the chilled menu cycle works. I have though decided to answer this over the coming months taking a different product category each month starting with Lamb.

So here are the Lamb dishes in order of popularity:



Savoury Minced Lamb

Minced lamb Lattice Pie
Lancashire Hotpot

Lamb Bolognese with
Pasta Shells

Sliced Roast Lamb in Gravy
Lamb Lasagne

Casserole of Lamb with
Apricots

Irish Stew

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

IMPORTANT GLUTEN FREE LEGISLATION CHANGES

Please be aware that there are new rules coming into force for all products on sale from the 1st January 2012 where essentially the limits for gluten free status have been tightened by 10 times to 20mg/l (ppm).

Chris Woodbridge and Anne Donelan have been working closely with Coeliac UK to ensure that Tillery Valley retain the gluten free status of all its current GF lines. There has been a move to make the regulation cover loose foods as well as pre-packed foods. This means all our customers will need to put in control systems to be able to guarantee Gluten Free segregation all the way to the patient's plate.

Chris is gearing up Tillery Valley to be ready and indeed be compliant by June this year to allow any product with an 18 month shelf life to meet the regulations. However the reason for raising this now is that we can only guarantee the GF status until the lid is removed. If you need further advice on how to improve segregation systems, please ask your sales consultant or contact Chris directly on chris.woodbridge@tilleryvalley.com.

GSI

Tillery Valley has joined forces with NHSSC and GSI UK to take part in the pilot development of a central accessible database for all Tillery Valley product information. This will be a fantastic resource for dietitians, caterers, ward staff and other interested parties.

The project which is taking up much of the Technical Team's time is expected to replace the current Real Time Technical (RTT) disk as the web based solution we were originally planning. We will keep you informed of our progress in this project.

Nutritional Know How

Healthier Food Mark in Public Sector Catering

Does the HFM Encompass Hospital Patients?

The government set out its consumer-focused strategy to support people to make healthier choices in the 2004 White Paper, Choosing Health. The key elements are enabling people to choose a better diet and physical activities by improving consumer knowledge. Since then many reports and strategy documents have been developed, where possible as cross-government activities e.g. Healthy Weight, Healthy Lives (2008). These strategies underpin wide-ranging activities such as the "change4life" series (targeting 'bottom up' through the younger age group) and Health, Work and Well-being strategy addressing the adult workforce.

The new Healthier Food Mark (HFM) is being brought into public sector catering by Dept Health (DH), working cross-functionally with government departments such as Defra, FSA et al. The aspiration to 'lead by example' was set out by the Cabinet Office in Food Matters (2007). The bronze, silver and gold categories being piloted positively link 'healthier' lower salt, fat and sugar etc. food with organic /sustainable /local. Of course, such linkages are not dietetically sound. There is no dietetic evidence that animals and products reared and farmed organically or locally have any nutritional advantages. Indeed, in 2009 FSA research showed no link between organic products and improved nutritional content.

As the public sector is the greatest UK employer, such strategies have the potential to positively affect a massive number of people. The principle is that it will help to improve employees' health and understanding of a healthy diet and exercise as part of a lifestyle. Of course, appropriate food and exercise opportunities must be on offer. An example which is being piloted is stating the calorie content of dishes on offer at a food service. Following DH consultation workshops last year, the Chairmen of the BDA and Food Counts jointly wrote to the DH lead saying that whilst the BDA supported the HFM as part of public health strategy, this approach is unsuitable for vulnerable hospital patients, elderly health-compromised residents and people receiving MOW.

Having also taken part in the consultation, at Tillery Valley we decided to continue with our current balance of dishes. We are working with the NHS Supply Chain (NHSSC), scoping the proportion of dishes that routinely fall within our 'H for healthier' coded dishes and that fit their HFM criteria. We believe that we currently provide a good balance and variety of 'H for Healthier' choices within our range, and that whilst HFM is a common-sense approach for staff and visitor menus, it is not appropriate for our key market, which is to provide dishes designed to form menus suitable for hospital patients and elderly people.

Anne Donelan

We thought it would be helpful to summarise for you our feedback regarding NHSSC criteria. TVF standard practice pertinent to HFM includes:

- **reduced salt:** as FSA stakeholders from the outset, this is embedded in product development and the products we source e.g. stocks
- **controlled use of sugar:** as our plain 'mainstream' desserts are designed to be suitable for people with diabetes
- **fruit based desserts:** 76% of our desserts are fruit based or contain a significant amount of fruit
- **fats:** we use predominantly unsaturated fats, and have reduced the amount of deep fried items
- **5 A DAY:** we registered early on with DH for 5 A DAY, as our plain vegetables and fruits are cooked without added salt, fat and sugar and our recommended portions exceed 80g
- **starchy items:** we provide plain cooked starchy items so that menus can provide for Healthier and Higher Energy accompaniments
- **sustainability:** 100% of our fish is procured from suppliers who adhere to the Marine Stewardship Council
- **animal husbandry:** 100% of our meat is sourced from slaughterhouses which are UK government approved for animal welfare and hygiene
- **environmental standards:** as part of attaining ISO14001, we will be challenging all suppliers to achieve the same or equivalent environmental standard