



foodsense

MONTHLY NEWS & VIEWS

march 09 issue

FROM RUSSIA WITH LOVE

Well not exactly. That icy Siberian blast in February was enough to send a chill through most folk.

Seriously the reason for including this piece is to say a big "Thank You" to all of our customers for their support during a difficult and testing few days of the worst weather we have seen for some time.

I am delighted to say that we managed to get to all but a very tiny proportion of customers even if we were running much later than normal.

I would also like to take the opportunity to thank Phil Binding our Distribution Manager and his team for a sterling job completed under very difficult and often hazardous conditions. Phil's idea of setting up a Snow Desk was very well received by all of our customers and in my recent client reviews the quality of communication has been a consistently positive comment. On that note I must also thank Michelle Brown and her team for helping with the communication process.



New Website...

PEAT Feedback

Those of our customers who were able to attend last years Over to You workshops will be aware that we had announced our intentions to launch a new website.

At present that launch is scheduled for the 1st May 2009 and we will email you with the new site address details nearer the time.

The first phase will include a new more vibrant site and will be followed later with a password protected customer specific area where you will be able to access key documents.

Plans to have Real Time Technical available to our customers through a portal from this site are underway and the architecture of this project is being developed.



We are delighted to report that a greater proportion of our customers are this year telling us that their PEAT food scores have consistently achieved 4's and 5's and helped underpin their improvements in patient food service.

It would be great to share stories and indeed best practice with other customers so if you have anything you would like us to feature please email David Dobson at: david.dobson@tvf-online.co.uk and we will include your story in a future edition of Foodsense.



February launched both ends of the nutritional and health spectrum!

At the healthier end: FSA target Sat Fat

In February the FSA launched their new campaign targeting saturated fat, when eating outside the home. You will be seeing an increasing emphasis on a 'healthier' approach linking together salt, fat and sugar under the acronym 'HFSS'. In hospitals and elderly care settings, campaigns are particularly targeted to staff and visitor feeding; in schools the School Food Trust guidance leads the way; in the community practical and simple awareness-raising activities such as 'cook and eat' clubs, help people to get the balance right when cooking at home, and others help caterers who provide food for consumption outside the home.

Visit the BDA website www.bdaweightwise.com for free resources, meal plans and strategies to improve your and your customers' nutritional health and www.bda.uk.com/foodfacts for explanatory fact sheets about the way different types and amounts of fats can impact upon health. Saturated fats are linked to increased cholesterol levels, which put people at a greater risk of heart disease.

Examples of BDA tips are:

- Check labels for fat content: less than 3g per 100g are products low in fat (less than 3%). Then you can drill down to: under 1.5g per 100g saturated fat is low, more than 5g per 100g is high – anything in between is medium.
- Cook with the least added fat you can and when adding fat choose vegetable oils and softer spreads with a high monounsaturated or polyunsaturated fat content e.g. rapeseed and sunflower or olive oil based – avoid harder fats such as butter, ghee and lard, as these tend to have higher saturated fat levels.
- Choose lower fat dairy products and use lean meats, plan menus with plenty of poultry and fish dishes outweighing the fattier processed meat products such as sausages, and pastry dishes.

At the same time, the British Association of Parenteral and Enteral Nutrition (BAPEN) launched 'Combating Malnutrition: Recommendations for Action'

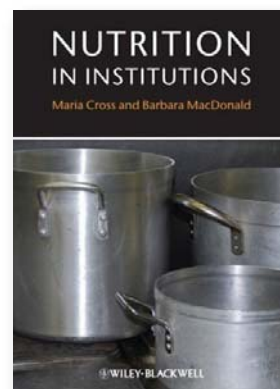
The Report captures the work undertaken by the BAPEN group of experts in malnutrition. Today in the UK, 3 million people are living at risk of malnutrition, which costs the public purse £13 billion a year. Their Report puts forward 25 recommendations that the Government needs to take to address this problem, which are typically to promote more effective and holistic 'joined up thinking', with an improved spread of cross-agency working at all levels (from Government bodies to care-givers) and robust data collection that ascertains the true burden of malnutrition.

The focus is on older people (65+ years) who are free living in the community, and who account for the estimated 93% people who are malnourished in the UK. Furthermore, it estimates that 6 million people in England rely on others for their nutritional care – through MoW, Luncheon Clubs, Day Centres etc. Also that 600,000 people in care home accommodation require extra help to get sufficient nutrition. But it is usually only when someone ends up in hospital that this is recognised, and treatment commenced. Recommendations include simple malnutrition screening checklists to identify those people who are at risk of malnutrition, and ensuring that there is seamless handover as individuals transfer across the different care sector boundaries e.g. leave hospital to return home or to residential care. This is pertinent to last month's item about the NPSA Community Workshops, from which there was lots of practical information about useful resources.

Nutrition and Safety: Engaging with Primary Care Workshops NPSA/RCN/WRVS/NHS National Reporting and Learning Service

There are many resources appropriate to community settings that can be accessed by linkages from organisation websites e.g. NACC, NPSA, BDA, RCN, HCA.

- It is worth finding out what WRVS volunteers could do to help in your area. A presentation from WRVS representatives explained how the Service regards food and drink as two of life's greatest pleasures and are committed to supporting people to enjoy them to the full. www.wrvs.org.uk
- Caroline Lecko's impassioned presentation on hydration would make anyone immediately down a glass of water! 2 key resources applicable to the community are Water for Healthy Aging (hydration best practice kit for care homes and hospitals) www.waterforhealth.org.uk Anglian Water's National Good Hydration Charter, which is open to any care home and an important vehicle for sharing good practice. www.anglian.water.co.uk
- Age Concern resources and amusing-but-pertinent short training videos were reported on in the previous edition of Foodsense www.ageconcern.org.uk
- RCN provided an overview of their Nutrition Now initiative, through which awareness-raising of safe nutrition and hydration has been delivered to a wide range of nursing staff, through workshops, surveys and targeted resources. Nutrition Now campaign and collateral www.rcn.org.uk
- NPSA resources include Enhancing Nutritional Care booklet and Council of Europe Fact Sheets, that can be downloaded or ordered as hard copies; delivering good nutritional care case studies are reported on their website along with a host of other information and links www.npsa.nhs.uk
- The Skills for Health Core Learning Unit e-learning 6 module training programme 'Food, Nutrition and Hydration in Health and Social Care' is free to all NHS staff. Ros Speight, NACC Secretary, said that NACC are seeking funding to make it free to everyone. The programme has been developed to enhance and update learners' knowledge and understanding of the importance of nutrition and hydration, so as to better recognise opportunities to improve service users' experience and identify those who are at risk of being compromised. On average it takes 2 hours to complete. Email cluteam@skillsforhealth.org.uk or visit www.corelearningunit.nhs.uk or see February 2009 Dietetics Today p.31.



Nutrition in Institutions, Maria Cross and Barbara MacDonald

Pub. Jan 2009; 440 pages;
paperback; ISBN 9781405121255; price £49.99

The authors are visiting lecturers at the University of Westminster, an educational bastion for the food service profession. I'll just tell you why I like it (although, of course, I may be a bit biased!). For content details and ordering information go to www.wiley.com/go/nutrition or ring 0800243407. It covers the public sector settings schools, hospitals, care homes for elderly people, prisons and the armed forces.

I really like this book because.....

- It's got a no-nonsense cover which tells its own story, which transports more mature folk like me back to the 'good old days', including the stint in the pot wash!
- Every chapter is similarly organised, and puts the service background and food provision into context from its origins to present day, and covers pertinent political, social and professional developments in the decades along the way.
- It is painless to engage with the book, as the text is well broken up with clear sub-headings, and relieved with lots of referenced quotes, snippets from past centuries, personal observations, short extracts drawn from reports, practices both at home and abroad, illustrative case studies and menus.
- It is written in a light and readable style, easy to thumb through and dip into it, you almost can't help stopping to pick up or poke into new bits of information, or stumbling across cogent reminders of the past - recalling for the reader why we are where we are today, within each setting.
- Within the captivating history it provides, it develops why and how policy, standards and legislation have developed from centuries past to be tailored to the needs of the present-day UK home countries, and shows where there are still significant service gaps – and why.
- It helps the reader to understand the disparate influences on the development of food services in each setting, and why good nutrition per se is not typically the main driver behind these
- Clearly sets out current best practice standards and the expectations of catering in relation to effective and efficient service provision
- It has such an amazing wealth of information plus.....
- Lots and lots of lovely references all bought together in one place with a good index – at last providing a sound evidence base for food service practices in the public sector!!

And what I didn't like.....?

Dietitian is spelt inconsistently throughout, even in the same sentence the 'c' and 't' version appear! throughout,

Anne Donelan
Dietetic Services Manager
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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

