

5 Star Excellence 'Scores on the Doors' at Milton Keynes

Milton Keynes Hospital NHS Foundation Trust's recent Environmental Health audit was a resounding success as Denise Clifford, Catering Manager, tells us:

"We had our yearly visit from Environmental Health in March 2010; we have been working constantly to improve the patient service in the last few years. When I was appointed we were a two star service. We have put things in place to improve the service yearly. In 2008 we achieved four stars, and again in 2009. I was a little disappointed because I thought we had achieved more than 2008. This year we have made quite a few changes, working closely with our Speech and Language Therapists and Dietitians to try to cover all patients' dietary needs. We also employed a new diet chef and the two chefs, Jane Tanswell Davis and Sue Sayell, have worked very hard on customizing and improving our in-house prepared puree food.



The Catering staff were also encouraged to take NVQs in catering, which they passed with credits and distinctions, this has made them more confident in their roles and has improved their knowledge in their field which has played a part in the final scores and has improved the service they provide to the patients.

A lot of work has gone into making these changes in the department, and it was Excellent to see the reward.

I am very proud of the team and we will continue to work hard to keep these standards up."

Les Darlington, Sales Director, TVF commented, *"We are delighted to be associated with Denise and the team and offer our sincere congratulations for their magnificent efforts and a very well deserved outcome".*

If you too have a success story you would like to share with us please drop us a line with a brief summary and ideally a photograph and we will happily include it in a future copy of Foodsense.

HAVE YOU GOT YOURS?

We are delighted to announce the completion of the first phase of our food images disk as previewed at the Over To You workshops earlier this year.

The disks are being posted out to all of our customers. If you haven't received yours yet then please contact your Sales Consultant – he may have a spare one to hand or alternatively contact Michelle Brown at our office on the following email address:
Michelle.Brown@tilleryvalley.com

We are planning a second phase for later this year and hope to issue an updated disk before December 2010.

Premium Creamed Potato is Gluten Free

There has been an IT 'gremlin' in the coding of our new Premium Creamed Potato (6199). We confirm that it is indeed Gluten Free (GF) as are our other varieties of creamed /mashed and boiled potatoes.

It will be correct throughout labels as from May 11th 2010 production date. Product made before this date is safe for GF, but not labelled as such. The code string is: LSRLFDGFVHE.

The GF code will appear in the new Real Time Technical (RTT) information to be released shortly. When RTT is launched, revised Cycles and Ready Range information will also be available.



IN WITH THE NEW!

During April, TVF took delivery of a new fleet of Fork Lift Trucks (FLT) in a 5 year agreement with Toyota Mechanical Handling.

The fleet boasts the very latest in FLT technology including, in cab weight load display and rapid charge facility with longer run hours increasing efficiencies and reducing carbon footprint.

Work also started in late April on a total replacement of our "Finished Goods Freezer" plant, which will be completed before the high ambient temps of the summer months.

The new equipment will ensure consistent temperatures throughout all weather variations in addition to providing a reduction in energy usage of approx 16% per annum, from the very latest in refrigeration technology.

The benefits from the more efficient equipment and full compliance with new European guidelines in advance will also greatly reduce our carbon footprint.

However, it's not only internal warehousing which has benefited from new more efficient equipment. During the first part of May Distribution took delivery of the first 14 of a total consignment of 21 new delivery vehicles as part of their 2010 replacement programme with the remaining 7 due by the month end. The replacement fleet are all "Euro 5" compliant which will result in a significant saving in CO2 emissions – the equivalent of 700 double-decker buses!

MOST POPULAR DISHES

this month we are focussing on our range of pork dishes:

Braised Sausages with Onions
Sausage Hotpot
Sliced Roast Pork in Gravy
Boneless Pork Chop
Sliced Gammon

Savoury Minced Pork
Pork & Apple Casserole
Sweet & Sour Pork
Bacon Chop
Bacon Leek & Mushroom Pasta Bake

Keep an eye out for next month's list to see if your favourites are amongst them and look out for an image of each one in our latest innovation. (Check out – Have you got yours?).



Nutritional Know How - Part 2

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

Following on from last month's article, Nutrition Know How looks deeper into the sustainable issues of fish, how we are to achieve getting enough omega 3 in our diets in the future and the practical aspects of fish eating.

It is a challenge to balance a good fish intake with responsible sourcing.

Professor Callum Roberts said that at the end of World War II, we thought the resources of the sea were inexhaustible, but capitalisation of fishing fleets has brought us to the point where we are now wondering where all the fish have gone.

- Look at labels for sustainably produced fish means that it has been farmed in a way that allows the fish population to continue in the future
- Look for assurance scheme logos such as Stewardship Council's 'blue tick', check out good websites such as Marine Conservation Society www.fishonline.org and Marine Stewardship Council www.msc.org Home Countries Government Fisheries Department www.seafish.org and Seafood Scotland www.seafoodscotland.org

TVF are phasing all of our fish across to MSC approved sources. There will be a slight delay in implementation as we align coding and allergens, however the intention is to comply by the autumn.



When is tuna not tuna?

Unfortunately the ever-popular tinned tuna is not a good source of omega 3 fats. This is because the canning process reduces the amount of omega 3 fats. So sadly you can only count fresh tuna towards your fish total. Tinned tuna is an excellent easy-to-use fish especially when tinned in olive oil, just don't overdo your total tuna intake, tinned or fresh, above 2 portions a week.

Is all salmon the same?

There can be considerable differences in the omega 3 content between different types of fish, depending on whether it is 'free living' or farmed, and on farming practices. For example, in China there has been an increase in aquaculture over recent years as inland fish farms, whilst UK fish farms are largely maritime. Farmed fish have less muscle tissue than wild fish. Farmed salmon and trout can also be fed in ways that increase their omega 3 fat content overall.

So reading the label to assure the source of your fish is an important step in getting the best source of omega 3.

What are dioxins and PCBs?

Dioxins are natural waste products of burning so they have always been in the environment, but the amount increased rapidly since the Industrial Revolution. Since 1975, the government and industry have taken severe steps to limit them and levels are now much lower.

PCBs stands for polychlorinated biphenyls. PCBs have been used since the early 1930's mainly in electrical equipment and carbonless copy paper. The manufacture and general use of PCBs stopped in the 1970's and are no longer permitted in the UK following a ban in 1986. PCBs remaining in electrical equipment must be phased out and destroyed under UK regulations.

The problem with both these pollutants is that although great strides have been made to get rid of them, by their very nature they persist within the environment and through the food chain build up in the fatty tissue of man, animals and fish who inadvertently eat them.

Because there was little scientific information about them the FSA commissioned studies to look at the threat that they pose to human health and hence the recent updated advice. The FSA are keen to assure people that the health benefits of eating oily fish as part of a varied and balanced diet far outweigh the risks as long as you don't eat more than the recommended maximums.

Should I worry about eating too much fish?

The short answer is no, but when the SACN advice was set there were no risk/benefit analyses available. So FSA have to show nutritional caution, and to be very careful about the toxicological contamination associated with eating fish. They set the tolerable intake on the basis that people would eat that level every day for a lifetime. More recent research studies have concluded that there is no discernible risk to babies of mothers who ate well in excess of SACN's 2004 recommended levels of fish per week.

Anyone who regularly eats a lot of fish should just eat a wide variety – avoid eating more than the recommended amounts of oily fish and being careful about how much sea bream, sea bass, turbot, halibut, dogfish (and also crab) – they eat.

Eating a wide variety of fish and shellfish not only makes sure that you keep a cap on any pollutants you may possibly ingest, it provides plenty of variety and interest in your diet and helps on the sustainability front.

Where else do omega 3 fatty acids come from?

'Omega 3' is called an essential nutrient as humans cannot possibly get enough without a good sustainable, economic and acceptable dietary source – which is fish – as animals and plants can't make it very well either! But we need to find sources other than fish. You will already have noticed how popular omega 3 has become in food fortification. Genetic modification is another route.

Fish get their omega 3 from marine algae, which is where there is much scientific attention on new methods of obtaining sustainable sources of omega 3 fats to maintain the heart health of our population. Research at BASF (a world-leading chemical company) is finding ways of converting the way marine algae work to introduce these important fats into canola oil by setting up new complex chemical pathways. They know the chemistry of canola, how to grow it, that the costs of producing it would be roughly the same as conventional products and that it can be used in a variety of culinary applications. The potential public health benefit could be great, just as the risk to public health of declining fish stocks is significant.

As long as technology assures that it doesn't have a lingering fishy taste!

Practical menu planning

It is important to offer your patients a good and varied choice of fish on your menus throughout the week. It doesn't have to be fried fish and chips every Friday, ring the changes with salmon or white fish in our variety of sauces, or try tuna and potato bake or seafood pasta.

But we do recommend that you keep the oily varieties of fish to your cold items, we have learnt that 'regen-ing' most oily fish is a recipe for aromatic disaster on many a busy ward!

Anne Donelan
Dietetic Services Manager