

Nutrition and Food Development Newsletter – Spring 2017



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Hello and welcome to our Spring Food and Nutrition newsletter.

My name is Danielle Bretherton and I am head of Nutrition and Food Development at Mellors Catering Services. I lead the development team who are out in your businesses, schools and academies on a daily basis training Mellors food teams to produce wholesome and nutritious food for your customers.

Sugar seems to be a hot topic at the moment. The new sugar tax has been confirmed in the 2017 budget and with healthy eating a key talking point for most of our customers, I wanted to give you an update on what we are doing at Mellors Catering Services to support the health needs of our customers. The following pages will give you an insight to what the development team has been delivering in your sites

TEAM EXPANSION

Our team is expanding!

We are over the moon to have recruited 15 Development Team Champions (DTC) as Mellors Catering Services food ambassadors across the business to help deliver you a first class service. They have already proved to be a great support for the team.

Our DTC'S are managers and chefs who share a real passion for food. They have

demonstrated that they have a real passion for their role and are keen to develop in the business. The group attended a training day where they learned how to deliver added value sessions in your sites and how to support our sales team. They also learned how to product test new and exciting innovative foods that we will be launching across all our sites.



NEW- 'Ask the Nutritionist' - direct link on our website

Do you or your customers have a nutrition query that they would like answering?

We NOW have a link on our website under the FOOD section for customers, parents and families to submit your nutrition queries.

Just go to our website

www.mellorscatering.co.uk



Ask Our Nutritionist

 There is a lot of diet and nutrition information out there but sometimes it can be helpful to have some extra guidance - that's why you can email our registered nutritionist, Danielle with your questions via the link below. Danielle specialises in Childhood Nutrition and can answer all of your questions regarding school food, allergies, fussy eaters and general health and well-being.

Name

Email

School

Question

I'm not a robot 

There are a lot of contradicting pieces of nutrition information out there and sometimes it can be helpful to have some extra guidance.

My specialism is Childhood Nutrition and I can answer all of your questions regarding school food, allergies, eating habits, fussy eaters as well as general health and well-being questions for the wider population.

Do you have a newsletter that goes out to customers or a catering section on your website? If so please feel free to include our web address on your communications to customers and make them aware that they can contact me direct with any nutrition query they have.

NEW: Special diet pack for parents

To support the allergen procedure in our education sites we have now produced a parent pack for your office team to distribute to parents/ families should they wish their child to follow a special diet.

The pack supports the procedure that our team has been trained to deliver and it gives a simple step-by-step guide for families to follow.



We would like every child to have the benefit of a lunch provided by Mellors Catering Services and our team has access to an allergen free foods shopping list should they wish to order specific ingredients for pupils with special diets.

I am on hand to support our catering managers to ensure we meet the needs of all of our customers and work with them to make sure all special dietary needs can be met.



HOT OFF THE PRESS- SUGAR TAX



What are we doing to support the reduction of sugar in our sites?

In-line with government recommendations, all of the drinks we now serve in an education setting contain less than 5% added sugar and a minimum of 45% fruit juice. We have produced an education buying list that has a vast array of healthier drinks for our customers. Water is the default drink for every student and all of our dining rooms offer free drinking water to pupils.

In addition we also sell bottled water and combination juice drinks. Juice drinks have been capped at 330ml because they still contain natural sugars and acid which has been proven to damage teeth in large quantities.

We have been working extremely hard with our suppliers to ensure the drinks we offer exceed the recommendations and still offer great taste for our customers.



NEW PRODUCT INNOVATION- SPRING INTO SUPERFOOD



Spring into Superfood is the latest food concept that the development team has been working hard on.

The concept has been designed for Secondary Schools, academies and B & I sites. It delivers a range of innovative superfood dishes that will energise and nourish our customers whilst promoting health and well-being.

The team has utilised ingredients with functional health benefits to empower some of our customer's favourite dishes. We have noticed a rise in the requests for healthier foods and the Spring into

Superfood range has been designed to satisfy the needs of our health conscious customers whilst promoting the unique flavours to those who may not have experimented before.

Why not start the day with spicy smashed avocado on a toasted seeded bloomer before fuelling the afternoon with our Gym box- a high protein, superfood rich lunchtime option!

Coming to your dining room soon!



ENERGISE YOURSELF

— with our —

SUPERFOOD RANGE

FOOD INNOVATION



During the winter months we launched the 'Festival of Spice' food concept across 80 sites here at Mellors Catering Services. As we head into spring you will see the Spring into Superfood concept also come alive in your dining rooms.

The ideas, recipes and innovation come from the team's knowledge and innovative adventures. We recently explored the culinary trends and delights of the vibrant London food scene. The team started at Borough Market, London's most renowned food market that combines great British cuisine with international flavours. We then headed

to Brick Lane to explore the quirky pop up Asian street food market before heading to our final destination - Whole Foods store on Kensington High Street.

The day saw the team explore modern food trends and innovative flavours that we adapt and bring to your dining rooms. For those with a keen interest in food, Borough Market and Whole Foods store are definitely worth a visit. You will not be disappointed!

Our research will fuel the future food concepts that we bring to our sites in the near future, so watch this space.



THANK YOU

Thank you for taking time to read our Nutrition and Food Development update if you do have any questions please feel free to get in touch at:

danielleb@mellors.co.uk

Many Thanks

Danielle Bretherton





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