

Commitments by Accent Catering Services Ltd

| | |
|---|--|
| General; | |
| <p>Progress to Date</p> <p>Accent Catering is a fresh food company which is committed to using the finest fresh ingredients from quality local suppliers ensuring we provide healthy eating in Business and Industry, Independent and State Education.</p> <p>We currently serve in excess of 15,000 meals a day over 41 contracts. All our chefs in B&I sites have the flexibility to create their own menus and recipes whilst being supported by the Company with training and guidance on healthier eating.</p> <p>The on site team are the cornerstone to the company's success with training and motivation of every member paramount to the successful delivery of exciting, fresh and nutritional meals.</p> <p>Our Education sites work to the government standards for schools, where we provide tailored solutions and recipe databases. In the B&I sites, working with our clients, our chefs have the flexibility to create their own menus and recipes and therefore our commitment to working on healthier catering focuses on training and procurement, and working towards improving the nutritional content of the food offer.</p> <p>Accent look forward to providing updates to the Food Standards Agency on a regular basis</p> | |
| <u>Forward Commitment</u> | <u>Planned Monitoring</u> |
| <ul style="list-style-type: none"> ▪ more new recipes with no extra salt added | Report to FSA new recipes added to current databank – Progress on numbers of new recipes with no added salt introduced |
| <ul style="list-style-type: none"> ▪ training on new seasonal menus and recipes which have no added salt | Report to FSA number of staff trained on new menus and recipes |
| <ul style="list-style-type: none"> ▪ review and update marketing to promote healthy eating | Marketing and promotions to support healthy eating “accent food adventures and food fashion” What types of marketing initiatives have been run, topics covered? |

| | |
|--|--|
| | <p>Poster campaigns etc. How many sites covered</p> |
| <p>Continue to recognise staff for their commitment to providing quality fresh food (“Shining Stars”)*</p> | <p>Report to FSA number of staff recognised by Accent Catering “Shining Stars” reward scheme. Staff are trained to ensure all infant and junior school meals children receive a well balanced diet including carbohydrate, protein, vegetables, fruit and dairy</p> <p>In excess of 30 staff have shining stars. This is an increase of 40% since July 08.</p> |
| <ul style="list-style-type: none"> ▪ Continue to attend taster sessions with new and existing parents to promote healthy school meals | <p>Report to FSA number of Taster sessions attended and feedback.</p> |

| Procurement | |
|--|---|
| <u>Progress to Date</u> | |
| <p>Accent currently follows the following best practices:</p> <ul style="list-style-type: none"> ▪ All purchases are made through quality reliable fresh food suppliers. ▪ All School menus adhere to government school food guidelines in the infant, junior and secondary market sector with recipes and nutritional back up ▪ Recipes are provided for soups, cooked main meals and desserts to ensure no sauce or packet mixes are used in any of our site ▪ All our eggs are free range ▪ All packet mixes i.e. sponge are banned in all sites ▪ Recipe cards are used in all schools with supplier codes to ensure government guidelines are met with no added salt, and reduced fat and sugar | |
| <u>Forward Commitment</u> | <u>Planned monitoring</u> |
| To continue to follow the best practices set above. | To feedback progress to the FSA |
| <p>All sites; Review grocery supplier to ensure all purchases meet the FSA's salt targets</p> <p>In light of the Agency's revised salt targets for 2010 and 2012 we will</p> <ol style="list-style-type: none"> 1. We will identify products which are either very high in salt or high volume products and try to find alternative products with a reduced salt content or which meet the FSA's 2010 salt targets | <p>To feedback progress to the FSA</p> <p>All sites; Number of grocery items that meet the FSA salt targets</p> |
| <p>Education and B&I</p> <p>Review dairy purchases and issue reduced fat alternatives to all sites</p> | <p>Feedback progress to the FSA Progress:</p> <p>What and how many products we have switched</p> <p>Any information on the level of reduction in saturated fat reductions delivered</p> |

| Kitchen Practice | |
|--|--|
| <u>Progress to Date</u> | |
| <p>Accent currently routinely operates the following best practice in all sites</p> <ul style="list-style-type: none"> ▪ fresh food offer provides salads and salad bars with no dressings or sauces leaving the option for customers to add low fat salad dressings to their food ▪ one to one training for the on site team to prepare food fresh food with recipes and specific product codes to ensure government guidelines are met in Schools ▪ new equipment installed i.e. Combi Steam Ovens to ensure meals are cooked to preserve the maximum nutritional value ▪ omit salt being added to dishes through recipe cards ▪ All state schools meet and exceed government nutritional guidelines. Using the “Nutmeg” programme we measures 14 individual nutrients in each dish which enables us to tailor menus to meet the requirements ▪ In our education sites we serve semi skimmed milk with lunches ▪ Fresh fruit is always available ▪ Fresh bread is always available, no spread or butter is used ▪ Freshly prepared salad bars are available at all education and B&I sites ▪ Only low fat dressings are used ▪ In education sites when chips are included they are oven baked and not deep fried ▪ Vegetables are not dressed in butter at any sites ▪ Where breakfast is served healthy options are available such as fresh fruit, muesli and yoghurts ▪ Larger sites make their own yoghurt which contains only 2.6% fat | |
| <u>Forward Commitment</u> | <u>Planned monitoring</u> |
| <p>To continue to follow the best practice outlined above.</p> <p>We will also aim to</p> <ol style="list-style-type: none"> 1. Reduce salt during cooking 2. Increase the amount of vegetables in dishes 3. Increased grilling, baking, roasting, steaming and poaching to reduce frying | <p>To update menus and recipes 3 times a year with ongoing training in individual education sites to ensure compliance with government guidelines</p> <p>Combi ovens have been introduced in 8 education and 4 B&I</p> |

| | |
|--|--|
| 4. Steam vegetables instead of boiling | sites we are seeking to introduce another 4 in the next 6 months |
| For Education sites: Our Nutmeg programme to review and introduce more recipes with ingredient product codes for consistent ordering | To create a database of recipes to draw from |
| Introduction of "recipe of the month" where a nominated chef will produce a proven recipe card with method to reduce fat, salt and sugar | To monitor site menus for usage of recipes of the month |
| For Education and B&I sites: Training sessions with chefs on new recipes with reduced fat, salt and sugar. | |

| Menu Planning | |
|---|---|
| <u>Progress to Date</u> | |
| <p>Accent currently operates the following policy to ensure that customers have healthy choices available at our [B&I] sites:</p> <ul style="list-style-type: none"> ▪ All menus are planned around the seasons feature homemade dishes with a fresh salad option bar available with no dressings or sauces added leaving the option for customers to add low fat salad dressings to their salads. ▪ Natural yogurts with fruit and muesli topping, fresh fruit pots are offered as alternative to the traditional hot dessert options. ▪ At least one fresh vegetable option is available to accompany a main course ▪ Fresh fruit is always available ▪ Dried fruit and nuts are available in B&I sites ▪ Nuts are not available in infant and junior school sites by schools request | |
| <u>Forward Commitment</u> | <u>Planned monitoring</u> |
| <p>To continue to operate our current policy for best practice menu planning outlined above.</p> <p>We plan to refresh our policy set out above to see how we can provide more advice to our chefs to encourage them to offer a greater range of healthier choices. To do this we will set out clear criteria for what constitutes the 'healthier choice'. This is currently being done through recipes of the month designed by our chefs.</p> | <p>To build an all sites access database of costed healthy option recipes</p> |
| <p>Education sites</p> <p>Review menus termly with our dietician to ensure Government guidelines are met</p> | <p>Passing of menus by dietician</p> |

| Consumer Information | |
|---|--|
| <u>Progress to Date</u> | |
| <p>Accent currently operate the following standard practices across our B&I and Education sites:</p> <ul style="list-style-type: none"> ▪ Promote healthy foods without the consumer knowingly making healthy eating choices via loyalty cards ▪ Monthly seasonal food promotions ▪ Meal deals promotions to ensure a balanced meal is provided ▪ Taster sessions ▪ Try before you buy to encourage customers to try new foods ▪ Training of staff through service briefings to ensure staff know nutritional value in foods ▪ Professional signage and marketing to promote our fresh food offer ▪ Recipe cards and food fact flyers <p>Specifically in the Education sites:</p> <ul style="list-style-type: none"> ▪ Healthy eating and 5 a day posters and logos ▪ Training on food service to ensure all pupils receive a well balanced meal in Infant and Junior schools | |
| <u>Forward Commitment</u> | <u>Planned monitoring</u> |
| We will continue to operate our standard practices across our B&I and Education sites | |
| New innovations to promote healthy eating | To introduce healthy eating traffic light systems on our grab and go ranges using the FSA's traffic light criteria |
| Continue to promote healthier eating via loyalty cards | Introduce more healthy products on loyalty cards in B&I |
| Training all staff prior to service through service briefings for nutritional value in foods and food service | To record briefings in units daily log |
| Continue monthly promotions, taster sessions, recipe cards and food fact flyers. Introduce new ideas to promote healthy eating | Feed back to FSA what has been done |