

DIRECTORS SCOOP

I recently came across a Tony Robbins quote: "Stop being afraid of what could go wrong & start being excited of what could go right." It certainly brought back memories of the Mastery University that I completed many years ago, where I dared to dream & took control of my own destiny.

Would I do it all again?...absolutely, that is apart from the walking on hot coals – I struggled! As I got nearer

to my turn & felt the heat from the coals, I kept letting people in front of me! Eventually, I knew I had to stop being afraid & take those 4 steps & I did!!!

It's why I am still excited about Artizian & passionate about Health & Wellbeing & it's also why our sister company Nutrition Bites is now a successful reality. *Scoop*

Alison Frith - Managing Director

FOODOLOGY®

Sourcing, cooking & serving the best fresh food for our customers that is nutritionally led & chef inspired!

The crusade against single use plastic

With the continued rise in press coverage on the war on plastic, it's the perfect time for Artizian to engage with our customers with a view to educate & assist them in making informed decisions with regards to the available options. Artizian has been embarking on several site-specific projects across our estate to reduce single use plastic within our supply chain. It is a challenge that we are relishing & the complex nature of the problem extends past just what items we have on our shelves or in our restaurant. Clients are being consulted, alongside their waste management companies, to determine what the best solutions are for them based on what happens to the waste after it leaves our sites. In many cases, the complete removal of all single use plastic is a realistic goal as waste companies are better suited to handle paper, card & wood as opposed even to biodegradable bioplastics, where specific digesters are required. In a recent project, Artizian have managed to reduce plastic consumption from 42% to 8% of the products during the first phase of the project with the aim to remove all single use plastic used in our homemade products completely within the next 2 months.

Scoop Rob Kurz - Foodologist®

Apricot

Nutritional reasons to buy:

- Reliable source of vitamin A
- Treasure chest of antioxidants & polyphenols
- Rich in calcium

NUTRITION KNOW-HOW:

DITCH the canned variety because this reduces their polyphenol content by 25%

CHOOSE them ripe and ready rather than 'ripen at home', to prevent 'woolly' texture

EAT the skin which can contain 7 x more nutrients than the flesh



ONE PORTION
OF YOUR
FIVE A DAY
2 fruits

Plant
Power

SUSTAINABLE FISH FRIDAYS



Signature

The Artizian 'Signature' range showcases the best possible ingredients that we can source with total emphasis on seasonality, flavour and quality.



of the month...

a selection of **sustainable fish dishes**

#Foodology #Vitality #Bloom

APRICOT & DATE ENERGY BALLS

Ingredients

- Peanuts 123g
- Dried dates 180g
- Table salt 2g
- Dried apricots 90g
- Smooth peanut butter 135g
- Cocoa powder 15g
- Water 65ml
- Whole almonds 135g

Method

1. In a blender, blitz the apricots, 30ml tap water, peanuts, peanut butter to form a sticky dough.
2. In a separate bowl blend the dates, remaining tap water, cocoa, salt & almonds to a sticky dough.
3. Take equal amounts of each paste and roll into balls.
4. Store in the freezer. Take one out, defrost & then consume for an instant energy boost.

Serves 10





FOOD TRENDS FOR 2018

Flexitarianism (a bit of a mouthful!) is one of the hottest food trends this year. People's desire to eat more **healthily** (& help save the planet) by reducing their meat consumption, without cutting it out completely, is a major UK consumer trend. Long gone are the days when plant-based eating was considered a weird, fringe activity.

DID YOU KNOW?

- 41% of the population are now flexitarian, meat-reducers or semi-vegetarians.
- 56% think meat is not necessary to have a good meal.

Young people in particular, are more interested than ever in eating less meat. They are much more aware of the environmental impacts of meat eating & more willing to cut down. That's great news, but while there's a growing interest in flexitarian eating, restaurants & food service companies play a vital role in helping people make healthy & sustainable choices. This is why Artizian has spent the last three months developing an amazing range of NEW, plant-based meals for our Mood Food Lively Lunches, providing customers with a better choice of meat-free dishes. We are leading the way to help our customers eat a greater variety of tasty, plant-based foods & helping them boost their nutrient intake too.

#FuturePlates

The evidence demonstrating the need for such dietary shifts is clear & urgent. The 2015 Paris Climate Agreement commitments to keep global temperature rises within safe limits can't be met without including dietary change as a priority solution. There's also strong evidence that predominantly plant-based diets, with smaller quantities of livestock products, are necessary to tackle increasing incidence of obesity, heart disease, cancers & diabetes.

Catherine Attfield
Head of Nutrition & Wellbeing



OUR PEOPLE ARE OUR BEST INGREDIENTS

Street Food competition

Artizian were very proud to have Tom Ravensdale represent us for the second year running as a finalist at the B&I Streetfood awards 2018. The competition took place at the Islington Metal Works in Angel on Tuesday 20th March. Tom's take on a South African classic really showed his class. His Durban mutton "Bunny Chow" in a charcoal bread was a real head turner, showcasing his talent for fresh ingredients and his creative interpretation of an International classic.

February Extra Mile Winners: Gary Piper/Bernie Studley

These two individuals in their own right have put in a lot of hard work & dedication to make sure that the new system Saffron was implemented at unit level. They have gone the extra mile with training, by sitting with each unit & feeling their pain when nothing has been clear & they just didn't get it! They have both been at the end of the phone talking through situations, as well as finding the time to visit the sites. They have come in early, stayed late until the job has been done which has been brilliant. We know that they have cancelled holiday to make our lives easier. It always makes the situation easier when you have a colleague who actually understands what you are talking about, when something just does not work. With their experience, they have been able to make it work. The last few weeks have been really stressful dealing with a new system, as well as running a unit, keeping your eye on the ball & dealing with the daily unit situations & the unexpected. Without the help of these two, the unit would not have run as smoothly. We really cannot thank them enough & we are really appreciative of all their help. We are so glad that we are all able to work together to get the results we need.



February Peoples Champion Winner: Claudia Stancu

The end of January & first two weeks in February were extremely busy weeks in our unit with more meetings than usual, VIP attendees, early start meetings (before the usual working hours), some large meetings with around 60- 80 attendees, evening drinks & canapes. During this time, myself & the unit manager needed time out of the unit for unexpected appointments. This person, as usual, stepped up & along with their own duties were also happy to check the catering inbox for new requests, as well as the booking system to place orders for the following day & print menus for meetings. I can't find the right words to express how happy I am to have such a valuable player in my team. This person is dedicated & responsible & never complains about anything. I believe that this person deserve a People's Champion Award to thank them for all their hard work.



Make Monday's Healthier



April saw the launch of the juice bar at one of our London sites, which ties in perfectly with our Make Monday's Healthier initiative. The juice bar has proved to be an instant hit with our health-conscious customers, so much so that we are planning to add in other days to satisfy demand. Whether it's a fruit smoothie or vegetable energy boost you need, the choice is all yours.

Roy McGranaghan, Manager - Operations & Business Support

CSR

Over the last few months I have written about what Artizian are focusing on as a business & the changes we've been making at sites. So this month I thought I would highlight a selection of vegetables you can grow indoors - all of the following can be grown either in your office or at home. Leaf lettuce varieties & miniature Tom Thumb head lettuce are fast growing for indoor gardens. Small-fruited tomatoes ripen in the warmth & light of a bright window. Cherry Belle & Icicle radishes reward you with crispy globes within 4 to 6 weeks. Grow Little Egypt & Early Red Ball beets for both their leafy green tops & the deep red globes that may be oven roasted or sautéed. Grow chives, cilantro, curly leaf & flat-leaf Italian parsley from seed, keeping the soil moist & warm. Add oregano & thyme plants from the nursery to broaden your palette of flavours.



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