

DIRECTORS SCOOP

Apparently working on 2 projects at the same time costs you 20% in lost time, yet we live in a multi-tasking world where we are constantly switching between projects. So how can we minimise this lost time? One way is to remind ourselves to 'Stop Starting' & 'Start Finishing'!

If we could just finish or complete a section of what we were doing before we switched, it would be

much quicker to get back into what we were doing when we returned to it. It also helps if we are firmer in our dealing of interruptions, including emails (turn those notifications off!)*hang on a minute.....* or maybe 1 hour later....*now where was I????... oh yes!* In truth, few need immediate attention & even 30 minutes will get you to a better place that's easier to pick up where you left off.

Alison Frith - Managing Director

Scoop

FOODOLOGY®

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

It's all about balance - Although we at Artizian adopt a "Nutritionally led, chef inspired" approach when creating our bespoke food offers for our clients, it's vital to offer a balance when doing so. As we are predominantly feeding the same customers every day, we recognise that we have a responsibility to provide healthy & nutritious meals, that keep the workforce energised throughout the day & flavour definitely needn't be compromised in doing so. Mouth-watering dishes traditionally considered "not so healthy" form an important part of the Artizian offer, but the key is for them to be fresh, ingredient-led & delicious. Gone are the days when a tray of dried up lasagne, chips & a side salad were considered a decent staff meal. Rich curries from around the world, juicy pretzel 'Signature' beef burgers with crispy fries & homemade fish & chips in cider batter all have a prominent place at the Artizian table. There's little more satisfying for an Artizian chef than to see a customer stunned in the middle of their restaurant battling to decide what to have for lunch because it "all looks so good!" Tempted to try the 'Street Food' dish of the day or make up their own combination from the composite salad bar - creating balance in the offer provides that choice & ultimately is what keeps our customers happy.

Scoop Rob Kurz - Foodologist®

Berries

Nutritional reasons to buy:

- Excellent source of vitamin C
- Fantastic source of fibre
- High in antioxidants

NUTRITION KNOW-HOW:

RICH source of ellagic acid, a powerful antioxidant.

HELPS to lower insulin spikes and inflammation in the body

BRIEFLY heating, triggers a spike in the release of nutrients



ONE PORTION
OF YOUR
FIVE A DAY
80g

Plant
Power

DREAMY DESSERTS



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 **dreamy desserts**

#Foodology #SummerVibes

RICOTTA PANCAKES

Ingredients

- 100g self-raising flour
- 1 tsp baking powder
- 25g caster sugar
- 2 large free-range eggs
- 175g Ricotta
- 100ml buttermilk
- 50ml whole milk
- 30g unsalted butter, melted
- 1 punnet blueberries
- 50ml maple syrup
- Pinch of salt

Method

1. For the pancakes, sift the flour, baking powder, sugar & a pinch of salt into a mixing bowl. Separate the eggs, putting the whites into a large clean mixing bowl. Make a well in the middle of the dry ingredients & add the egg yolks, ricotta, buttermilk, milk & the melted butter. Whisk to a smooth batter. Whisk the egg whites into soft peaks, then gently fold them into the batter.
2. Put a large non-stick frying pan over a medium heat & brush with melted butter. Add 3-4 spoonfuls of the batter, spaced apart & cook for 2 minutes until bubbles appear & the pancakes are golden-brown underneath. Turn over & cook for a further 1-2 minutes. Cook & serve in batches, brushing the pan with butter as you go.
3. Top the pancakes with blueberries & maple syrup.

Serves 4





BEING WELL & NUTRITION KNOW HOW

“The biggest asset an organisation has are it’s people & the biggest asset they have is their health & wellbeing, so it makes good business sense to look after the people.”

Investors in People, 2014

There’s no doubt that organisations are becoming more aware of their role in creating a healthy workforce & positive workplace culture. With 140 million working days lost to sickness absence each year, keeping the workforce well is of paramount importance. However, being well is more than simply the absence of physical or mental illness. It implies a sense of thriving, enjoying life to the full. **ENERGY!**

NUTRITION AS PART OF A WELLBEING OFFER

Nutrition Know How is a powerful tool in the corporate wellbeing tool box & can complement a wider intervention programme. Good nutrition can help to maximise the workplace performance of employees. Although stress, anxiety, productivity & performance concern us all, it appears that one of our greatest concerns is **ENERGY** (or lack of it). If you consider we eat more whilst at work, than at home each week, learning how to fuel yourself to create energy & feel energised is very useful indeed. It is also why Artizian spends a great deal of time creating new &

healthy dishes for our Mood Food Energy range, so that our customers can feed themselves well, whilst at work. And they’re in for a treat this summer because there are even more NEW delicious snacks, drinks, meals & grab & go items for them to try.

EAT. ENERGISE!

#summervibes



*Catherine Attfield
Head of Nutrition & Wellbeing*

OUR PEOPLE ARE OUR BEST INGREDIENTS

March’s People’s Champion - Richard Horvath

Richard has worked at the site for over a year now. He is always willing to help & will take it on himself to cover extra duties when the manager is on leave. On this occasion he went out of his way to be taught the new Saffron cash book system. He learnt quickly & with help of another team player they successfully entered the data onto Saffron in the managers absence. Richard is always punctual & has a great relationship with the team & respect for the customers & client. His customer care is second to none. He has amazing up-selling skills & knows the customers’ requirements at all times. In March we had hospitality for almost 150 covers, both hospitality assistants rang in absent! The manager covered the hospitality all day with the help of Richard & he was a true gem! The day went very smoothly. We are very happy to have such a strong helpful & willing team player working with us. A true Artizian employee!



March’s Extra Mile Winner - Tina Saunder – Head Office

Tina used her own initiative & went that Extra Mile to help resolve a rather large issue at one of our sites whereby security passes could have been withdrawn unless security checks (over and above our normal stringent standards) were completed. This meant researching companies who provided these services, finding the most cost effective option & completing documentation for each team player.



A timeline was imposed on the site after which passes would be withdrawn & without being asked, Tina portrayed the flexibility & timely values by working additional hours & days that she had originally booked as holidays to complete the task.

The result led to team players having access which enabled a seamless service delivery & no one having to be escorted whilst performing their day to day roles. Tina is a very cheerful, kind, professional & extremely helpful team player, she also has a very important & busy role within the company but is never too busy to support other areas of the business – showing full interest & providing some great feedback! Tina is very supportive, provides prompt, accurate & thoroughly researched responses.

Happy Retirement



One of our prestigious London contracts held a Retirement Party for one of it’s members. There were 50 guests in attendance. The team did an outstanding job with very positive feedback....

“Fantastic work, as ever, by you & the team, Michael. Nothing is ever too much bother & all of your staff always exceed expectations with a smile on their face! You do the College proud” Chief Executive quote

*Roy McGranghan,
Manager - Operations & Business Support*

CSR

How Well do you know the 5 R’s of Recycling? For a long time, we have been told to Reduce, Reuse & Recycle but now they have added 2 more to the mix Rethink & Refuse, the order of the R’s is also important, the closer to the top of the list the better the option.



Rethink about the way you make your choices, there are many simple options we can make daily, e.g. using a reusable water bottle cuts down on the plastic you use.



By making better choices & becoming smarter when shopping we can help the planet! **Refuse** plastic shopping bags & bring your own. Aim to buy products with no or minimal packaging.



Reducing our eco-footprint isn’t as difficult as it sounds. How about bike or walk to work or use the stairs instead of the lift. Small changes & greener choices help to **Reduce** our levels of waste.



Reuse - Is it Junk? Can you recycle it? Think before you throw, could you donate that item to someone else who needs it?



The last step in the hierarchy is to recycle, if you can’t rethink it, refuse it, reduce it or reuse it...then **Recycle** it!

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