

## DIRECTORS SCOOP

Things change, they always change, it's how we respond to it that's important to success. If we make lots of small changes we achieve more & quicker than revolutionary change, which dips badly as everyone tries to get to grips with the big change. No matter how small the change, achieving success empowers you to carry on & do more. It's called the principle of 'aggregate marginal gains' - if you improve by just 1% consistently, those small gains

will add up to remarkable improvement. Big change & improvement can be & is achieved by small steps – but always with a grander vision & goal in mind. It is this 1% approach that helped the British Olympic cycling team win 70% of the gold medals available at the London Olympics. My 1% change this month is to remove my 2 squares of 85% cacao chocolate habit as an evening snack! What 1% change are you going to make? Alison Frith - Managing Director

## FOODOLOGY®

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

**Get some culture!** - Rarely does a food trend come along that is both trendy and recognised as being good for you too! We have been talking about the rise in popularity of fermented food and drinks for some time now both at home and on the high street. From homemade milk Kafir and Kombucha to high street fermented slaws and cultures, the trend really seems to be gathering momentum and not going away anytime soon.

Gone are the days where fermentation is seen solely as a means of preservation but now a cool and trendy way of looking after your gut too. The introduction of "good" bacteria into the gut has vast health benefits that could affect your weight, immunity, mental state and much more. What's not to like?

The inclusion of such dishes as miso slaw, kimchi broth and live culture yoghurts within Artizian's summer marketing recipes, ensure that we are providing our customers with a great choice of delicious food that is not only trendy, but great for your gut too!

Rob Kurz - Foodologist®

### Berries

#### Nutritional reasons to buy:

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

#### NUTRITION KNOW-HOW:

**FROZEN** berries are as nutritionally beneficial as fresh

**KEEP** at room temperature and eat within two days

**EAT** with nuts to improve the bioavailability of nutrients in the fruit

ONE PORTION  
OF YOUR  
FIVE A DAY  
**80g**



## BEST OF BBQ



## 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 **summer sizzlers**

#Foodology #SummerVibes

## COURGETTE & HALLOUMI FRITTER WITH POACHED EGG

### Ingredients

#### Fritter

2 large courgettes	1 tsp ground coriander
150g halloumi	1 tsp ground cumin
½ lemon, zested	60g gram flour
¼ bunch mint	½ bunch spring onions
¼ bunch parsley	1 egg
70g peas	

#### Pickled cabbage

¼ red cabbage	20ml honey
40ml red wine vinegar	

#### To serve

1/2 butternut squash	1 tsp sunflower seeds
1 tsp chia seeds	150g baby spinach
1 tsp pumpkin seeds	10 poached eggs

### Method

#### For the courgette & halloumi fritter

- Grate the courgettes & squeeze in a cloth to remove all the moisture
- Grate the halloumi & bind with courgettes, lemon zest, chopped herbs, spices, peas, spring onions & gram flour together with 1 egg
- Roll the fritters into 10 patties & fry on each side for 5 minutes

#### For the pickled cabbage

- Finely shred the cabbage, mix with vinegar & honey, work vigorously with your hands to soften the cabbage

#### To serve

- Peel & roast the butternut squash in 1-inch chunks for 20 minutes or until soft
- Wilt the spinach & poach 2 eggs per portion. Dress with a little oil & season. Sprinkle over the seed mixture to garnish.

Serves 5





**BEING WELL & NUTRITION KNOW HOW**

I recently attended an Investors in People workshop on health and wellbeing.

**“The biggest asset an organization has is its 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.

According to IIP’s Wellbeing at Work survey, over a quarter (29%) of those in full-time employment in the UK are unhappy in their job. More than one in five (23%) workers ‘pulled a sickie’ in the last year, and 6% did so more than five times.

**So, what solutions did the research find?** 80% of people said they would feel more positive towards their employer if they offered better health and wellbeing benefits.

One in ten workers even stated that job satisfaction is or could be improved with complimentary fresh fruit in the office.

**Small Changes = BIG Impact.**

**LOOK OUT for our Plant Power 10-a-Day 30 Day Challenge.**

Olga Hamilton is currently delivering our Summer Nutrition Bites Live Event at sites this month. It is part of our

wider **PLANT POWER** campaign to encourage customers to eat more fruit & vegetables. The exponential effect of eating more fruit & vegetables is compelling. Interestingly, the greatest benefits are derived from eating 10 portions a day. To make this easier, we have created a leaflet, with tips and suggestions on how to do this. And so far, it’s promising to be our most popular event to date.



Catherine Attfield  
Head of Nutrition & Wellbeing



**OUR PEOPLE ARE OUR BEST INGREDIENTS**

**April’s People’s Champion - Carlos Lopes**



Carlos is the sites KP, however during his Managers annual two-week leave he stepped up to ensure the sites standards were maintained. He was effectively the Manager onsite for two weeks & took responsibility for all areas including counters, marketing, food ordering, cashing up, menus, deli bar, agency staff management & service standards.

In addition to covering during these two weeks, he also covered for another week when his Manager was on sick leave & once again showed great resilience to ensure the unit operated effectively.

In the entire 3 weeks of cover, we did not receive a single complaint regarding service, which is full credit to Carlos. Well done!

**CSR**

**ARE COFFEE PODS BAD FOR THE ENVIRONMENT?**

Coffee pods make up one third of the €18bn (£13.9bn) Western European coffee market & while the coffee market in general is growing at 1.6% a year, capsule sales are outstripping them, growing 9% a year since 2011.

According to analysts, in the last year more than £112m worth of coffee pods were sold in the UK, up by a third from 2014. Sales are expected to treble by 2020, at which point coffee capsule sales could overtake those of tea bags.

That’s a lot of coffee pods – enough to make a gigantic (& not very green) mountain, or to circle the world almost 26 times if we were so inclined. But once you’ve had your coffee & are getting on with your day, what happens to all those empty pods?

The real problem stemming from the excessive use of packaging in coffee capsules is the lack of viable end of life alternatives to disposal. Most capsules have an aluminium or polypropylene body with a plastic film lid & in theory can be recycled. In practice, however, most UK local authorities do not collect them due to the mix of materials, concerns over size in relation to sorting equipment & contamination from coffee grounds. This has led to poor recycling rates, even of the theoretically easier to recycle aluminium pods favoured by the market leading brands.

The challenge of coffee pods highlights the problem posed by every new, consumer friendly but hard to recycle product that appears on the market. We need a system that places the onus on producers to take responsibility for the whole lifecycle of their products, right from the outset.

*The Grange’s Grand Opening!*



After months of preparation & build up, Artizian’s newest venture, with our client, finally opened its doors to the general public & welcomed them into the brand new restaurant at “The Grange”. The team did a fantastic job for the opening & during a week of events (held over the Bank Holiday weekend & half term) that were hosted by the client including “A day in the life of a Hearing Dog” & visits by many celebrity patrons.

Why not plan a family trip out to the Chiltern Hills to visit this lovely new restaurant complete with family friendly facilities & deaf friendly design - you will all be welcome – including your dogs! For more information have a look at the link: <https://www.thegrangesaunderton.org.uk/>. Don’t forget to say “hi” to the Artizian Team Players on-site.

Amanda Gavin, Manager - Operations & Business Support

**The Coffee Pod Life Cycle**



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