

28 March 2011



Dear Colleague

**Care Cook of Year 2011 South West Regional Cook-off - Friday 11th March 2011
The Hub, City College, St Mary's Street, Southampton SO14 1 AR**

Thank you all for taking part in the regional competition. As mentioned at the awards ceremony this year the region will be launching it's annual Nutrition Award. This award was judged by Diane Johnson from Coriander Food Training. Diane was looking for the 'Best Nutritionally Balanced Menus' and also feedback from you during the competition on why you chose your menu and a good knowledge of your own client group and their needs.

We are pleased to announce the winner of the Nutrition Award 2011 was

Ray Pike from Abbeyfield Wessex Society

Di's Comment 'Great use of strong flavours aimed to stimulate the palate. Good cooking methods, nutritional profile good. Balanced main course and pudding. Excellent use of fruit and vegetables. Clearly understood exactly what he wanted to achieve'

Second Place:

Lisa Cole from St Monica Trust

Di's Comment 'Good use of fruit and vegetables, great variety of ingredients for added interest to the diet. Cooking methods good. Nutritional profile good.'

Third Place:

Alex Every from Buxton House

Di's Comment Great flavour combination of ingredients produced a balanced meal with lots to interest the diner, good cooking methods.

Ray will be presented with a plaque that has been donated to the region by Alison Pugh, your past Regional Chair. The plaque will remain with Ray for 12 months. All winners will receive a certificate of achievement.

Thank you all for your participation in the competition and we all wish José good luck in the national final and we hope to see your entries next year.

Yours sincerely

John Hilton

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NACC South West Chair