

NACC National Associate of Care Catering

Minutes of the Midlands Meeting

13 March 2014, Griffiths Laboratories, Cotes Park Estate, Alfreton DE55 4NN

Welcome, Introductions and Apologies

Attendees

26 members
Guest - Neel Radia

Committee

Jane Coleman Chair
Carol Harris Secretary

Co- opted

Simon Parry
Preston Walker

Sponsors

Adrian Groves, Falcon
Griffith Laboratories

Apologies

8 received plus
Sarah Grey Deputy

1. Welcome

Damian Wurpillot – Marketing Manager, Griffiths Laboratories

Griffiths Laboratories is a 4th generation family concern that is worldwide. The company provides sauces, mixes, coating and flavourings for all types of savoury food including blended spices, breadcrumbs for meat, poultry and fish plus flavours for crisps. Awarded ISO 9001 the highest standards of food quality and safety are monitored. The company uses constant research and development to grow its worldwide market and is composed of 3 main companies, based in UK and Europe, America etc. New trends are development in Latin American, Mexican spices, BBQ flavours but their products are produced for each manufacturer as a bespoke product. Started business in partnership with a chemist hence the title and links to biological, safety and analysis.

Business Meeting

Midlands Regional Chair Report

Update of Previous Years Events from Jane Coleman (JC)

Thanks to the meeting sponsors
House Keeping

The Midlands had a very busy year last year. Within our region we are keen to involve membership and provide meetings that they find interesting, to this end we have introduced survey monkey and the feedback received has been very good but only a few will return these, please we need your opinions.

Midlands Cttee are actively trying to increase membership and certainly the meetings last year have seen increased attendances. This meeting has a lower than usual turn out due to other industry events clashing in this month and diary commitments so next year our usual, March meeting will be

scheduled for February as we discussed in our open forum at the December meeting.

In the Midlands region to help increase membership the committee now write to Care Homes close to the venue of each regional meet and invite them, as guests, to learn more about the NACC. JC asked members to invite like-minded people to join, encourage them to attend meets and to generally promote the work of the NACC in their work. The National Exec has decided to produce an A5 flyer so we can hand these out to explain what the NACC is and the benefits of joining.

JC requested members to please come forward with ideas for venues; what topics and training you would like to see in the future. Our organisation is about what the members need and want.

January 2014 at National Exec it was decided that, following the success of the Midlands Road Relay last year, this year NACC will attempt a National Road Relay. All regions will join together during community meals week. 'Anytime, Any Place, We Care' is the strap line again this year. Anyone wishing to help with this please contact the committee. JC asked members to come forward because we need to make a joined- up united effort throughout the Country and ideas and time commitment are needed. This plan really provides an opportunity all members to highlight the importance of Community Meals and Good Nutrition.

To help with administration and to save costs the changes made to the way we process membership and bookings on line will remain. New members will still receive a hard copy welcome pack, certificate and membership card through the post. Existing members will receive an e mail confirming membership no further certificate or card will be sent.

All bookings for meetings will be made through info@thenacc. This is currently working well and reduces workload of committee members. All meetings and activities will be posted on the web pages JC emphasised that at member need to use the website as our organisation relies on two way communication. If you have any events or news JC requested please use this medium to share the information with other members.

For those who tweet, there is an NACC Care Caterer twitter account set up and McCullough Moore have been asked to have a twitter feed on the website home page.

There is currently a review of the NACC Standards, For "The Recommended Standards for Community Meals" both Carol Harris and JC are on the working party with Peter Prior, Sue Cawthray and Gill Thrush. JC has informed National Exec and McCullough Moore of the interest from our members to help and proof read so volunteers may be contacted shortly.

National Nutrition and Hydration week 17th – 21st March. 19th March being 'The Big Tea Party', different events are going on throughout the Region on this day including JC reminded members it is important that we profile what we do to help promote our messages JC urged members to send info and photos through to the Midlands Ctee JC or CH as well as NACC admin and Derek Johnson who is co-ordinating N&HW publicity for the newsletter.

- Nottinghamshire County Council Jane Coleman in her role with County Enterprise Foods has organised a cream tea in each of the 7 county districts at various venues for 40 persons at each.
- Sheila Murdoch, Derbyshire County Council is supporting and encouraging cream teas at groups such as lunch clubs throughout the

county including a Pub in Kirk Hallam

- Karen Oliver, Nottingham City has set a cookery challenge amongst colleagues from neighbouring authorities. Premier Foods are hosting a Bake Off with the teams of caterers 4 care cooks from Notts. City versus 4 Derbyshire County Council who will be set the task of making set recipes including Swiss roll, scones, choux pastry éclairs . Judging to take place at Briar House and our very own Preston Walker is judging
- Leicestershire CC – Carol Harris has organised 3 tea dances with afternoon tea of sandwiches and cream scones
- Preston & Paul at Oak House Care Home on Wednesday 19th March have invited guests to a rolling buffet of cream cakes.
- James Ball new member - St Georges Court care home – is holding afternoon teas at the home.
- Preston Walker is taking part in a live Chef Event – on line organised by the Nutrition & Hydration Week site events with cook offs .

www.nutritionandhydrationweek.org

This region has put forward submissions for Marketing Award for both the Cateys and Cost Sector Catering Awards. As a region we have submitted an entry in both and Preston Walker has also submitted entries

The Midlands region will be hosting the Care Cook Regional Final at the New Clarendon College, Nottingham on April 8th which promises to be an exciting day. Here's hoping it will be as successful as last year, when Jaroslaw Figiel from Hampton Grange Residential Home in Herefordshire won the Regional Final and came second/runner up in the National Final. JC announced Midlands NACC have 13 finalists in the cook off and three very capable judges. New this year two finalists will go on to represent each region in the National Final. Looking back Midlands entries 2012 third place, 2013 runner up, 2014 let's hope.....

Training and Development Forum update. 2014 T&DF we have a different venue and it is in the Midlands JC urged members to attend and make the region well represented. All members should attend as there is an opportunity for us all to learn and network. 2014 there is an early bird promotion when booking which cannot be missed and new for this year *meet the buyer event*.

Training Certificates for training undertaken by Chris Beesley Reynolds at Twycross Meeting were distributed

Looking forward..... next meet June 18th WHM Work Connections based at Greenfields Farm, Seagrave, Leicestershire. Those who attended last year's meeting at Twycross you will remember meeting Liz Wells and Roland. Liz has kindly agreed to host the meet at their farm. We are very lucky to receive this invite and can guarantee an extremely interesting and enjoyable day.

Simon Parry has worked tirelessly to secure the venues for last year. JC invite members to come forward with suggestions for a venue for August and December – several offers were made.

JC also urged members to complete survey monkey after our regional meetings and give feedback.

www.nutritionandhydrationweek.org

Neel Radia also urged Members to send one photo of their event to the NACC and also to the week's organisers derek.johnson@leeds.gov.uk Derek Johnson or via www.nutritionandhydrationweek.org

2. Preston Walker – Presentation on Ode

Described as a ‘foodie air freshener’. Preston explained how the system worked and showed us the equipment used in a recent trial at his care home He has since purchased two units for his home which are in the dining area and set to come on before, during or after a meal. Ode uses smells of orange juice and coffee to evoke breakfast time; Asian noodle soup is used at lunch time and Bakewell tart odour for tea time. Preston passed along samples of Bakewell Tart smell. The 11 week trial tests of this product around various care sites and hospitals the UK including a placebo. During the trial testing monitoring included such variables as plated waste, extra eating, weight increases etc. Some tests showed considerable improvements in food uptake and reduction in wastage with up to 50% of patients put on weight. Preston is passionate about care catering and in his view odour is important but is only one element of a number of actions to encourage eating. Smell is one element, others include Environment – table settings, Assisted eating and constant Monitoring of clients to see what works and what changes in clients tastes and health. Monitoring should include records of wastage and meals choices. Food diaries will indicate declining health and should be part of a holistic package needed to support vulnerable elderly persons who are malnourished or vulnerable to malnutrition. Preston is hoping to take part in further studies to study of comparisons between savoury and sweet flavour and smells. Discussions followed - Sheila Murdoch (Derbyshire) recently purchased the Ode units for a home with dementia sufferers. Ode is designed to be in a client’s own room but Preston uses communal areas, dining rooms or lounges. Preston find it helped dementia clients to identify the time of day e.g. the smell of orange juice and coffee prompts that it is morning and time for breakfast.

3. Host and Sponsor – Falcon Adrian Groves

Talked about new developments in Falcon ranges, one of the most common pieces of kitchen equipment. Types include gas, electric, solid top and induction. Falcon supply over 300 different models. Gas is most popular but with a solid top unit there is so much more versatility of surface area but they do take a while to heat up. Electricity has slightly less versatility. Falcon Dominator plus Range has 6 burners and is one of the most popular cookers in UK ; also have fusion range now with a wok ring and comes in a variety of door opening and different power supply. Each with advantages and qualities. Induction hob E3914i high quality ceramic top built to withstand heavy use and offering a fan oven underneath. Convection fan ovens and smaller ranges. Feature a large oven two gastronomes to fit on shelves. Adrian discussed various energy uses of the equipment and tests to illustrate this

Energy efficiency: comparisons of using heating of 1 litre water

- Gas) Quicker
- Solid Top) Quicker and more energy efficient
- Induction) Less heat emissions

Huge range to suit very demand and budget.

The meeting then divided into 2 groups who in turn were treated to an exhibition of cooking and presentation from Ron Hedicker and a session in the Sensory Dept.

testing their noses.

4. Ron Hedicker, National Accounts Manager – Falcon

Ron describe some recent project work by Falcon with Unilever and Morrisons Supermarkets to reduce catering costs by enabling untrained staff to prepare meals/foods in staff dining areas using only one piece of equipment a Falcon combi and this saving on the need for separate equipment such as ranges and Panini toasters and grills as well as staff savings

This was made possible by Producing a How to Manual of 249 tested recipes & meals for untrained staff to produce using equipment in staff catering facilities using a combination oven.

Ron Invented a prototype for cooking Panini's/toasted sandwiches in a combi. Using combi can cook a combination of meal components simultaneously. Can be used for breakfasts - B&B prepared trays into a preheated oven. Uses little oil, heats, less equipment and cleaning, Drains off fat by circulating with water spray removes excess.

The combi can be supplied with an auto or semi automatic integral cleaning process in different models. Condenses over 88% steam produced. Reduces need for canopies and extra ventilation to kitchen systems.

Sensory Talk

Clare Baines, Marketing Department, Griffiths Laboratories explained the process of sensory testing

Analysis based on 5 senses: Sight
Smell
Taste
Touch – mouth feel
Hearing – sound and crunch when eating.

12 trained sensory testers are used by the company It takes 6 months to be trained as a panellist

Direction – for production development.
Evidence – quality over shelf life.
Knowledge – of competition process.
Use triangle test (2 samples and blank).

Company concentrates on technical aspects of a finished product.
Consumer tests – popularity and consensus are used as a gauge on process screening and also use Focus Groups.

We taste food using many senses but particularly with smell. Smelling food without taste it is hard to identify and distinguish. 10 sample smells of food or ingredients were circulated but few member could identify all of them - because we did not taste them only smelled the samples. A fun exercise enjoyed by all

Address from National Chair Neel Radia

5. Care Standards

- Neel gave a short address on care standards training planned.
- Training Days will be on CQC Outcome 5.
- 6 training days to be held across UK – 1 in each region June/July eta.
- Practical and theory based on how to implement the Outcome 5 guide in practice.

<ul style="list-style-type: none"> • Plan to have training events in future on how to develop a fortified menu • Preston W is putting together a menu with a dietitian Sophie Murray from Avanti to launch at T&DF in October - for use by care homes getting away from saturated fats over long period aiming to achieve a diet of 2000 calories with lots of different unsaturated oils and products. 	
<p>6. Carol Harris gave a brief outline of recent NACC Exec Meeting Executive Meetings - Highlights</p> <p>Discussions on Attendance from Regions – Quorum is required to conduct a vote: which includes a representative from each region. 2 elected members per region are routinely permitted and reasonable travel expenses will be reimbursed; but as far as possible journeys should be booked in advance with the assistance of Mc Moore in plenty of time. 3 elected members may attend per region but only 2 may claim travel expenses. Co-opted members may attend in place of an elected member if called but expenses not payable.</p> <p>Exec minutes will no longer go on website but discussions will continue to be relayed at regional meetings and feedback taken back to nat. exec by elected officers. Templates for meetings issued to Regional Secretaries.</p> <p>Neel reported the meetings and group she had attended on behalf of the NACC including Public Sector and talked about his aim to work with other groups and partnerships to further promote the work of the NACC including meeting with MPs.</p> <p>Neel R will in future be the NACC HCI representative.</p>	
<p>Year Book Sponsorship</p> <p>Care Cook 2014 £3000 sponsorship secured and new improved competition with better prizes and a new venue. New glass trophies will be awarded at finals. Clarendon College, Nottingham 8.4.14.</p> <p>Treasurer Roger Bayliss reported good budget progress £17,000 savings and a surplus of £7000 currently banked need to increase our income in year ahead and a new streamlined form of reporting will make accounting easier and we will be able to compare progress from other years better in coming years.</p> <p>NCMoW week 2013 was very successful we want to raise profile even more 2014 Praise was given for Midlands road Relay and a proposal to adopt if nationwide this year including all regions. 10-14th our day will be Wednesday 12 November.</p> <p>Discussions are taking place over a new form of newsletter and a membership drive.</p> <p>Safeguarding Alerts relating to food will be surveyed throughout the year and members are urged to take part.</p> <p>All NACC Standards are being reviewed and once completed will form part of an important income stream for NACC.</p> <p>The year's T&DF will be at Nottingham and members are urged to book ahead opt get good deals, 1-3 October.</p> <p>Nutrition & Hydration Week 2014 is being pushed very much this year for a</p>	

<p>bumper success the newsletter has gathered more support than ever.</p>	
<p>7. The final speaker Scott Mackie had to cancel due to fog at the airport but we have managed to re arrange for him to speak at our June meeting. However members took the opportunity to discuss plans and ideas for the forthcoming Community Meals Relay and a further meeting was arranged for all those who volunteered to take part in an organisation committee - to discuss the best way forward using the ideas suggested</p> <p>Meeting to look at ideas for NMOW week. April 22nd 4.30pm and Holiday Inn, Bostocks Lane, J25, M1.</p>	
<p>9. Date, Time and Place of Next Meeting</p> <p>Wednesday 18th June 2014 WHM Work Connections, Seagrave, Leics.</p> <p>Late news received The NACC Midlands Region have been shortlisted to the final five in the Marketing Category at this years Cost Sector Catering Awards. Final on 24th April Speakers from the Coeliac Society and Vision Call's Scott Mackie now confirmed for 18/6/14</p>	