

Scoop

Issue 37 January 2020

Director's

Did you know?...

Legend says coffee was discovered by an Ethiopian goat herder circa 800 A.D. noticing his goats starting to jump happily every time they chewed on the red berries & on trying the berries himself, the herder felt almost immediately energised.

They were initially introduced as a protein rich energy snack – mixed with fat, a bit like an energy bomb & were popular in the Arabian Peninsula & Ottoman Empire.

Vienna was the first European capital to bring the berries across from Istanbul in 1615 & 30 years later Italy opened its first coffee houses.

Today there are approximately 25 million farmers in over 50 countries that are involved in coffee processing or production; & coffee is one of the most widely traded agricultural commodities on earth. Artizian serve many varieties of coffee but all are ethically sourced or fairtrade.

Best regards

Alison Frith, Artizian Group Managing Director
artizian



Foodology®

Artizian has embarked on a journey to assess & reduce the carbon footprint of the food we create & the way we operate.

2020 will see the start of our new marketing calendar & enhancement of our clients CSR credentials by making both Health & Wellbeing & the Environment our main focuses throughout the year when planning our campaigns & promotions.

Our Food Print weeks in January & February will see our Artizian chefs creating the most delicious meals across our business using as many of the following 4 actions our sites will allow - less waste - locally sourced - less meat & dairy - eat in season. It is by no means an attempt to demonise red meat & promote vegetarianism but a way of introducing meals to our

menu that have a substantially lower Carbon Footprint than normal. If successful, we will continue the Food Print theme for a week each month & at the end of the year the volumes of red meat we purchase throughout these months will be compared to previous years & the difference calculated. These CO2 savings will be shared (if desired) with our clients so they can see & share in the positive effect they will have contributed to our environment.

Rob Kurz - Foodologist®



Look out for
our low
impact
FOOD PRINT
dishes

Chipotle Turkey
Meatball Linguine



People are our best ingredients

Adriano, Peoples Champion

Adriano was nominated for covering for his Manager when he was off site. He has worked for Artizian for over 10 years & the food he produces is outstanding & tastes amazing. Week after week the menus are varied, balanced, tasty & appealing to the eye.

He follows the marketing calendar & is inspired by ideas from his fellow team players which leads to even higher standards.

Adriano is keen to learn & to keep the business working to a high standard. He is punctual at all times & has **never** taken a day off sick. He is a great champion for Artizian, a true genuine Team Player who has earned a great deal of respect.

People's
Champion
of the Month
Congratulations!



Gary & Bernie, Extra Mile

Gary and Bernie were nominated for delivering over & above their normal duties.

They went out of their way to resolve an issue making a large contribution to their fellow Team Players. The project they completed took several months & their actions are very much appreciated.

Out & about...

Thursday 28th November saw Artizian sites joining in with our cousins across the water to celebrate Thanksgiving Day. Pilgrims who emigrated from England in the 1620s & 1630s carried the tradition of Days of Fasting & Days of Thanksgiving with them to New England. The modern Thanksgiving holiday originates from marking a good harvest & food still plays a major role today. Although Modern thanksgiving is less of a religious celebration & has become more of a consumer event (Black Friday) nonetheless it's always a delight to join with friends & family to enjoy a hearty meal.

Roy McGranaghan
Manager: Operations & Business Support



FOOD
MADE
GOOD
Awards
2019

Business
of the Year
Award

We are proud to be one of the top 20 food made good
sustainable businesses of the year

2019

Nutrition & Wellbeing

Future Diets – Future Proof.

It's been interesting to observe the gradual movement towards plant-based eating over 2019. It's everywhere now (remember the furore over Greggs Vegan sausage rolls?) Through our Nutrition Bites Live events, both Olga Hamilton & I speak to many customers – your employees, who tell us they are reducing their meat intake & naturally increasing plant-based meals in their diet.

This is part of a global food trend, as more people become aware of the global food crisis we face.

What's in store for our future diets?

The Planetary Diet.

This diet offers a set of 'food guidelines' for a global eating plan – how we should be eating to ensure food security for up to 10 billion people (estimated population by 2050).

It considers the environmental implications of food production e.g. the major role played by livestock farming, which is complicit in driving:

- Climate change (emission of greenhouse gases)
- Destruction of wildlife
- Pollution of rivers & oceans

Amongst other guidelines, it suggests we eat no more than 98g of red meat (that's one small burger or a small lamb chop) & two small chicken breasts & two small fish fillets per week.

The global benefits of adopting a Planetary Diet?

- Saves water
- Reduces greenhouse gas emissions
- Stops unnecessary farmland expansion
- Feeds significantly more people
- Improves general health & wellbeing
- Reduces food waste

We will be educating, inspiring & informing customers of this 'future diet' concept during our Healthy Initiative Week 20th -24th April 2020, but for now we hope our **NEW** Food Print initiative will generate a positive following.

Catherine Atfield
Head of Nutrition & Wellbeing

CSR, The Giving Tree



The Artzian elves were busy again last month supporting an annual appeal that ensures children can enjoy a happy Christmas. The elves handed over a large amount of presents to Giving Tree Organisers.

All the gifts were purchased with the kind donations from

Team Players across all of our sites & along with a generous donation from Artzian Head Office there was over £600 to spend.

Christmas can be a particularly hard time of year for some & the items you see under the head office tree were all requested by children & young adults being looked after by a number of charities.

Gary Piper
Manager - Compliance



Citrus Fruits

> Eat citrus fruits for immune boosting vitamin C, an antioxidant that helps heal wounds & keeps gums healthy

STORE in the fridge to increase nutrient density

RED oranges have 34 x more vitamin A than regular oranges

ZEST & pith contain 17 times more antioxidants than the juice

CITRUS is a genus of flowering trees & shrubs in the rue family, **Rutaceae**. Plants in the genus produce citrus fruits, including important crops such as oranges, lemons, grapefruits, pomelos & limes



ROASTED BROCCOLI & CAULIFLOWER QUINOA SALAD WITH SUMAC & CLEMENTINES - serves 5



FOR THE QUINOA

- 200g white quinoa
- ½ bunch spring onions
- 150g cannellini beans
- ¼ bunch dill
- 25ml olive oil
- 1 tsp sumac

FOR THE DRESSING

- 2 clementines, zested
- 20ml white wine vinegar
- 1 tsp Dijon mustard
- ½ lemon, juiced
- 60ml pomace oil
- ½ tsp sumac

FOR THE SALAD

- ¼ butternut squash
- 1 broccoli
- 1 cauliflower including leaves
- 200g cooked beetroot
- 2 clementines

FOR THE QUINOA

- Bring a large pan of water to the boil & add the sumac & a pinch of salt
- Add the quinoa & simmer for 15 minutes, drain & chill
- Add the diced spring onion, chopped dill, cannellini beans & a drizzle of olive oil
- Check the seasoning & set aside

FOR THE SALAD

- Cut the broccoli & cauliflower into florets & roast with the leaves at 180c for 15 minutes then chill
- Spiralize the butternut squash & cut the beetroot into wedges
- Peel the clementines & slice horizontally
- Mix together all the ingredients with the quinoa & serve

FOR THE DRESSING

- Mix the lemon juice, mustard & white wine vinegar together & slowly whisk in the pomace oil
- Add the sumac & clementine zest, check the seasoning & drizzle over the salad