

### DIRECTORS SCOOP

●● I know from experience that 'if you consciously change the way you look at things, then the things you look at change'. Today I heard that you can change how you feel through what you speak...the example used was talking to a plant, & whilst you raise your eyebrows at this suggestion - I confess, when I have spoken to a plant (most recently due to my mother

drowning my beautiful lemon tree!!!) it's usually been from guilt, with lots of apologies. However, imagine if there is truth in this approach.... Apparently if you talk blandly, you will feel neutral; talk angrily & you'll feel angry; yet by talking positively with a smile, it will make you feel more positive throughout the day. Think it's time to test this theory...

Alison Frith - Managing Director

### FOODOLOGY®

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

On 13th February we held our quarterly Artizian chefs' forum at the Lockhart Innovation Centre in London. Chefs from all around our business came together to discuss the current trends in the market place, share their own ideas & also practice the recipes for our upcoming Spring marketing campaign which includes: "Ready Steady Bake, Bowlmania & Dirty Vegan". Keep an eye on the menus from March to May for these delicious new concepts & mouth-watering dishes. Who doesn't love the smell of freshly baked bread? Richard Skinner, our Executive Chef, went through some sourdough baking tips. Each chef baked a Rye, Ciabatta & Pizza sourdough & took a live culture back to their sites which will enable them to recreate the recipes back in their own kitchen. In the spirit of all things Vegan Artizian invited 3 of our key suppliers to present their latest Vegan products & ingredients to our Head Chefs. From cheeses & mayonnaise to snacks, our chefs were introduced to the latest products available in this increasingly popular field. As always, it was fantastic to see our chefs so enthusiastic & passionate about Artizian's commitment to source, cook & serve the best we can for our customers every day. My thanks goes out to all those that dedicated their time to make our chefs' forum such a success. Rob Kurz - Foodologist®

#### Spring Greens

- Rich in vitamins A, C & B & iron
- A cruciferous vegetable that helps support liver health
- A source of bone friendly calcium, magnesium & vitamin K

**CONTAINS** 4 x the glucosinolates than cauliflower

**BOILING** destroys more than 50% of their nutrient density

**FINELY** slicing increases nutrient density due to increased enzyme activity



### READY, STEADY, BAKE!



#### Signature

We love baking at Artizian & we've made some of our favourites for you to try! The photo is our showstopper 'chocolate & praline doughnuts'



a selection of  
**Scrummy**  
showstopper bakes

taste  
of Spring

#Vitality  
#Foodology

### SPRING GREEN SOUP

#### Ingredients

##### For the soup

- 1 bunch of spring greens
- 200g new potatoes
- ½ a leek
- 1 white onion
- 2 cloves of garlic
- 600ml vegetable stock
- 200ml cream
- ½ a lemon

##### For the chickpeas

- 100g chickpeas
- 20ml olive oil
- Pinch of sea salt

#### Method

##### For the soup

- Finely slice the onion, garlic, leek & new potatoes, sweat in a little oil until soft & translucent
- Add the vegetable stock & bring to a gentle simmer
- Remove the spring greens from the stems & finely shred. Add to the soup with the cream for the final 10 minutes of cooking & check the seasoning
- Blend until smooth & finish with a squeeze of lemon & garnish with the roasted chickpeas

##### For the roasted chickpeas

- Drain the chickpeas from their juice & rinse under cold running water
- Toss the chickpeas with the olive oil & sea salt & roast in a hot oven at 200c for 20 minutes or until crispy
- Use the chickpeas as croutons & sprinkle over the finished soup

Serves 5





## WELLBEING IN THE WORKPLACE

Companies have traditionally struggled to embrace wellbeing in the workplace. Historically, it's been dismissed as a foolish initiative, something not worthy of budget or resources. However, I've definitely noticed this is changing!

In the last five years, I've seen more companies embrace the importance of wellbeing & am now reading research about how a focus on employee wellbeing can help to reverse employee burnout & reduce stress, turnover & absenteeism.

**What is wellbeing?**

It's an holistic understanding of someone's physical, emotional, mental & social state. It's more than wellness, which typically focuses on a person's physical health. When people are in **a state of wellbeing at work**, they're able to:

- develop their potential
- work productively & creatively
- build positive relationships with others
- cope with the normal stresses of life
- make a meaningful contribution.

Essentially they can THRIVE

Often, wellbeing programmes fail because they are not integrated into the company's culture. One thing all employees do is eat. In fact, most consume about ¾ of their daily diet

whilst at work. Consider how impactful improved nutrition could be to the wellbeing of your employees?

**Nutrition + Wellbeing = Thrive**

As part of our commitment to help our clients support their employees' wellbeing, our sister company, Nutrition Bites, has launched a new digital subscription feed. It's called Thrive & focuses on helping people eat better whilst at work to help improve energy, productivity, mood & their response to stress. To find out more please contact Alison Frith or Catherine Attfield.

**Small Changes = BIG Difference**  
(one bite at a time)

Catherine Attfield  
Head of Nutrition & Wellbeing



## OUR PEOPLE ARE OUR BEST INGREDIENTS

**Don't forget** to send in your nominations for our People's Champion Award & the Extra Mile Award. Anyone can put a nomination through & you can even nominate yourself! All you have to do is either click the logo's below or enter the URL's into your web browser.

People's  
**Champion**  
of the Month Award

<https://www.surveymonkey.co.uk/r/Februarypeopleschampionnominations>

The  
**Extra Mile**  
Award

<https://www.surveymonkey.co.uk/r/Februaryextramilenominations>

## CSR

**WHY IS RECYCLING ALUMINIUM SO IMPORTANT?**

Aluminium can be recycled forever: It can be melted down & reformed without losing any quality & the process can be repeated over & over again. Recycling aluminium saves around 95% of the energy needed to make the metal from raw materials.

Along with the energy savings, recycling aluminium also saves around 95% of the greenhouse gas emissions compared to the 'primary' production process. Recycling 1 tonne of aluminium saves 9 tonnes of CO<sub>2</sub> emissions & when you consider that 1 tonne of CO<sub>2</sub> is equivalent to driving a car 2800 miles the benefits of recycling really start to become clear.

Over 90% of the drink cans made & sold in the UK are aluminium, but there's more to aluminium packaging than just cans! Factor in all the aluminium aerosols, foil food trays, wrappers & bottle tops & you have over 184,000 tonnes of aluminium packaging that **could** be recycled. The current recycling rate for drink cans stands at 72% (2017 figures), & the overall rate for aluminium packaging is 51% – so there's still some way to go to reach that goal.

The drinks can you recycle today could be made into a new can, filled & put back on the shelf in just 60 days. In a whole year, that one can could be recycled six times, saving enough energy to make 160 new cans.

**Small Changes =  
Big Difference**



When the team at our site in Welwyn Garden City were tasked with reducing disposable cup usage, they really embraced the challenge! Since December when they launched 'bring your own cup & receive a discount on hot drinks' they have used 1762 less disposable cups, along with a corresponding reduction in use of disposable lids & cardboard clutches - this really is a great reduction in the amount of disposables used at site! The team held a "ballot box" vote on a selection of reusable cups that they would stock and sell at site & over 240 of the chosen styles of cup have now been sold & sales are still going strong. Well done team!

Amanda Gavin - Manager: Operations & Business Support

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