

DIRECTORS SCOOP

●● I am sure that Anita Roddick's quote 'If you think you're too small to have an impact, try going to bed with a mosquito in the room' will resonate with many & especially as it's holiday season!

It can also be taken in so many ways & aside from my viewpoint of mosquitoes matching my intolerance to garlic, from a business angle, it reminds me how proud I am to be an SME & that everyone in the business no matter their role,

small or large, has an impact on our achievements.

It's why my favourite event of the year is Artizian's Excellence Awards, held last month & this time at The Rubens at the Palace. A fabulous night where we celebrated successes & recognised sites as well as Team Players for their positive achievements. It makes me smile just thinking about it... ●●

Alison Frith - Managing Director

FOODOLOGY®

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

Where do you draw the line between an innovative catering offer & a tried & tested combination of the usual suspects? Well, it's a pretty blurry line to say the least. As our customers are becoming increasingly aware of international food trends, knowledgeable on food provenance & demanding in terms of nutrient density & combinations, what appears on our menus needs to cater for all of the above. Artizian's Taste of Summer food promotions, which are featuring on our menus throughout June to August, illustrate just how we approach the provision of workplace catering in order to meet the ever increasing demands of our customers. From the sustainable fish promotion, where we have worked closely with our fishmonger to provide the best, local & sustainable choices to our Plant Power, Mood Food® lively lunches which are designed to put local veg at the heart of the menu, this summer is set to be an absolute cracker. Its not all "meat free & mung beans" though! Indulge & enjoy the Pulled pork pretzel doughnut during Street Food Week, or any one of our fresh sour dough pizzas which will be making an appearance during the summer as well! Ensuring we have all the bases covered over the next 3 months, there will be something for everyone irrespective of which side of the blurry line you find yourself. Rob Kurz - Foodologist®

Berries

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

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

Celebrating the best of BBQ we have a wide variety of dishes on offer from our vegan quinoa, beetroot burger to homemade chipotle ketchup & an amazing selection of 'hot off the grill'.



of the month

Best of BBQ

Sizzling Summer Surprises

taste
of Summer
#SummerVibes
#Thrive
#Foodology

FENNEL & SWEET POTATO NIÇOISE (V)

Ingredients

FOR THE NIÇOISE

- 40g of black olives
- 500g sweet potatoes
- 1 fennel
- 5 eggs
- 300g green beans
- ¼ bunch radish
- 250g of cherry tomatoes
- 200g chickpeas
- ¼ head radicchio lettuce
- ½ bunch of spring onions
- 1 head of baby gem lettuce
- ½ cucumber
- ¼ bunch of parsley

FOR THE DRESSING

- ½ tbs Dijon mustard
- 45ml of rapeseed oil
- 15ml of balsamic vinegar

Method

FOR THE NIÇOISE

- Cut the sweet potato into 1 inch cubes, toss in a little oil, season and roast at 180c for 20 minutes or until tender. Chill and set aside
- Bring a pan of water to the boil & blanch the green beans for 3 minutes or until tender
- In the same pan boil the eggs for 6.5 minutes, chill in ice cold water before peeling
- Thinly slice the fennel, olives, radish & peeled cucumber
- Cut the cherry tomatoes & green beans in half & mix with the other vegetables
- Wash & coarsely cut the salad into large leaves
- Toss the salad with the dressing & check the seasoning, garnish with the eggs cut in half & the roughly picked parsley

FOR THE DRESSING

- Mix all the ingredients together

Serves 5





NUTRITION KNOW HOW. IT'S EASY WHEN YOU KNOW HOW.

July 1st sees the start of Wimbledon, my favourite time of year & my favourite sport to watch. So, what do the champions eat to fuel themselves before, during & after their gruelling games?

Before a Tennis Match - Breakfast on competition days, eaten at least two hours before the start of the match, to avoid cramping, will consist of: Complex carbohydrates such as whole wheat, oatmeal & low-calorie/low-sugar fruits.

BENEFIT= a steady energy store to power through the matches. A small amount of protein (milk, egg white or Greek yogurt) **WHY?** Lowers the risk of feeling an energy crash in the middle of the match due to the initial insulin release from the pancreas in order to keep blood sugar levels down.

During a tennis match - Tennis players

use so much energy resulting in glycogen deposit depletion. Whatever a player eats during the match needs to replenish the used-up glycogen.

Match Snack Attack - Look out for all those bananas players eat. Bananas keep blood sugar levels steady & provide a quick energy boost mid-match.

Hydration - Adrenaline makes players not feel thirsty, so notice how they sip isotonic drinks everytime they change ends. This replenishes the water & electrolytes lost through sweating.

TOP TIP - Coconut water is a great choice for an isotonic drink. It's loaded with electrolytes & potassium.

Post match diet - Players refuel within two hours to replenish the energy expended during the match. For muscle recovery,

players eat a high amount of lean protein such as chicken or fish with some complex carbohydrates & vegetables.

SMART CHOICES - Whole-wheat pasta, brown rice, fitness bread (whole wheat 100% grain) & foods with a natural sodium source like a low-fat, high protein cheese, mozzarella.

DID YOU KNOW? 20mg of zinc a day can improve hand-eye coordination. Eat oysters, pumpkin seeds, whole grains, sunflower seeds, animal proteins, beans, nuts & almonds.

Rafael Nadal enjoys eating olives & home cooked paella but, *"Only sometimes, not every day. You eat paella every day, you cannot play tennis."*

Catherine Attfield
Head of Nutrition & Wellbeing



OUR PEOPLE ARE OUR BEST INGREDIENTS



CSR - Your recycling needs to be cleaned

Every month I give you different information on a CSR topic & recycling, but no one ever really mentions that your recycling needs to be clean before it goes to be recycled. If you assume that a magical person at a recycling plant is washing out your jar of crusty tomato sauce or scrubbing last night's takeout containers, think again. Recycling facilities typically do not clean recycling before processing it, so if you don't you may be creating an even bigger problem. Most recycling programmes are "single stream", meaning all household recycling (paper, cardboard, plastic) goes into the same bin. A plastic container filled with food, drink or leftover shampoo could leak & contaminate an entire batch of perfectly good recyclables, rendering everything junk. So let's get cleaning, items don't have to be squeaky clean but dirty items will benefit from a quick rinse or removal of excess food & liquids.

Happy Anniversary



The start of June saw us celebrating our 3rd year anniversary at one of our prestigious City of London contracts. As usual there were Mocktails, cooking demonstrations, a BBQ & a beach party, along with 1-2-1 nutrition consultations for customers & of course themed days with Team Players dressed up to encourage the party atmosphere for the customers. The birthday celebrations have quickly become a fixture in our annual event calendar at site which our customers & Team Player alike thoroughly enjoy & look forward to.

Roy McGranaghan
Manager - Operations & Business Support

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