

# Quarterly Insight Report

Spring 2019



# Contents

- 3 Food Forums: New dates announced
- 4-6 CQUIN 2019/2020
- 7-8 A new distribution model for food
- 9-11 Inside scoop on healthy patient feeding
- 12 Our upcoming range launches
- 13 Healthier choices from hospital vending
- 14-17 Food tech solutions to reduce food waste
- 18 Personalised nutrition
- 19-20 New sustainable food sources
- 21 Vegetable superheroes
- 22 Activity calendar
- 23 Contact your Account Manager

## Welcome to the Spring edition of our Quarterly Insight Report

Inside our Quarterly Insight Report we take a look at a range of topics we think you'll find interesting and useful.

We start by announcing the dates for our second round of Food Forums taking place throughout June. We also provide a link to a video where you can learn more about the Food Forums, and how attending can really add value to your trust.

On 1 April 2019, the new CQUIN targets came into effect. We take a look at what's changed and what the new CQUIN targets mean for your trust.

We are in the process of appointing a new multi-temperature distribution partner for food. This will establish one national route to market for all food deliveries, including chilled, frozen and ambient products. The new multi-temp distribution model is expected to launch in early 2020 following a phase one launch later this year. We discuss the benefits and hear from various stakeholders on what they think of the new model.

We also take a look at the transformative power of tech in the catering industry, looking at how we can use technology and data to help with issues like reducing food waste.

I hope you enjoy reading these articles. Keep an eye out for the Summer edition coming later this year.



**Rona Miranda**  
Account Director  
NHS Supply Chain: Food



# Food Forums: June dates announced

Our first round of Food Forums were a big success. In total, we saw more than 125 people from 55 NHS trusts come together across six different regions to talk cost savings, procurement strategies, collaboration and much more. And these first Food Forums were just the beginning.

We're now busy organising our **second round of Food Forums to take place in June**. The dates and locations are below:

- **North/North West** – Friday, 7 June in Bury
- **South West** – Tuesday, 11 June in Bristol
- **South** – Thursday, 13 June in Chertsey
- **London and South East** – Friday, 21 June in Chelmsford
- **Midlands** – Tuesday, 25 June in Leicester
- **North East** – Wednesday, 26 June in Darlington

## See what it's all about

Our Food Forums are a key way to collaborate and share ideas with NHS catering and procurement teams. You can see what it's all about by [watching the video here](#) to learn more about the Food Forums, and how attending can really add value to your trust.

## Next steps

If you are interested in attending a Food Forum and haven't already spoken to your NHS Supply Chain: Food Account Manager about attending, please email them or contact [food@supplychain.nhs.uk](mailto:food@supplychain.nhs.uk).

We look forward to seeing you in June at our next round of Food Forums.

If you have any content suggestions for June, please email [food@supplychain.nhs.uk](mailto:food@supplychain.nhs.uk) with your ideas.



# CQUIN 2019/20

## What is CQUIN?

CQUIN, short for Commissioning for Quality and Innovation, helps to support improvements in the quality of services and the creation of new, improved approaches for hospitals in England. The 2019/20 scheme is aimed at improving the NHS's approach to four key focus areas:

- Prevention of ill health
- Mental health
- Patient safety
- Best practice pathways.

CQUIN launched in 2009 and is reviewed every two years by a national CQUIN Advisory Group made up of clinical, commissioner and NHS provider stakeholders.

Whilst CQUIN was previously an incentivisation scheme, CQUIN 2019/20 now aims to highlight areas of good practise and further promote the benefits for patients and providers which should be adopted as business as usual.

### Obesity contributes to a higher risk of developing further health conditions:

Five - six times more likely to develop Type 2 Diabetes.

Three - six times the risk of mortality due to cardiovascular disease and lower quality of life measures.

On 1 April 2019, the new approach and targets came into effect. We take a look at what's changed and what the new CQUIN targets mean for your trust.

## The changes for 2019/20

- **A new focus on tackling obesity rates in mental health services.** This is seen as being key to promoting a healthy service environment, healthy lifestyle choices, increased physical activity and healthier eating, and sharing good practice across secure services
- **Trusts must identify areas to change and progress.** The goal is for NHS trusts to work towards a healthier patient environment, including a review of food policies and access to green space and meaningful activities
- **It is now mandatory for trusts to limit their sales of sugar sweetened beverages.** In line with the previous target, sales need to be less than or equal to 10% of a trust's total beverage sales each year.
- **The available CQUIN funding is now a maximum of 1.25% of a trust's annual funding.** Previously, CQUIN incentivised trusts to be compliant with up to 2.5% further annual funding.

It's worth noting, CQUIN criteria for food will be reviewed further as part of the Hospital Food Standards due later this year. We will continue to keep you updated with any changes taking place.

## CQUIN 2019/20

### The previous targets are now standard operating procedure

Although the previous targets are no longer recognised as part of the CQUIN scheme, they now form part of Hospital Food Standards for all NHS trusts to follow. As a reminder, the previous targets were:

- Banning price promotions on foods high in fat, sugar and salt
- Banning advertising on sugary drinks and foods high in fat, sugar and salt
- Stopping stocking foods high in fat sugar and salt at checkouts
- Ensuring healthier meals are available out of hours
- Limiting sales of sugar sweetened beverages to just 10% or less of a trust's total beverage sales each year
- Ensuring 80% of a trust's confectionery and sweets on sale do not exceed 250 calories
- Ensuring at least 75% of pre-packed sandwiches and other savoury pre-packed meals contain 400 calories or less per serving and do not exceed 5g of saturated fat per 100g

### We take CQUIN compliance seriously

We understand the importance of being compliant to CQUIN for your trust and work hard to ensure our suppliers, products and ranges are delivering the right products for you. We are currently launching a number of new contracts across patient feeding and retail. Our new ranges will offer a wide range of CQUIN compliant products to enable your trust to work towards a healthier catering provision for patients, visitors and staff. For instance, our new cold

beverages, confectionery and snacks range, due to launch later this year, offers lots of great CQUIN products, including:

- Dried fruit and nut snack boxes
- Protein balls
- Fruit crisps
- Baked and popped crisps
- Popcorn
- Sugar free jelly pots
- Sparkling water
- Low sugar/calorie drinks

**Did you know? 60% of adults are overweight or obese. On average, adults eat 200-300 more calories per day than they need**



# CQUIN 2019/20

## How we can support

We have a dedicated dietician, Luke Davies, to support on all things nutrition and provide specialist advice for your trust.

Luke is on hand to help identify products across all categories that are lower in energy, salt, fat, saturated fat and sugar, as well as those higher in fibre, calcium, fruit and vegetable content. We will also ensure these meet your specialist requirements.

## Find out more

To discuss CQUIN compliance further, contact our dedicated dietician Luke Davies: [luke.davies2@supplychain.nhs.uk](mailto:luke.davies2@supplychain.nhs.uk).

For more information on the CQUIN scheme, visit: <https://www.england.nhs.uk/nhs-standard-contract/cquin/>



Public Health  
England

Public Health England have challenged the food industry to reduce calories in food by 20% by 2024. It's estimated that this could prevent 35,000 premature deaths and save the NHS £9 billion in healthcare and social care costs.



**Luke Davies**  
Dietician  
NHS Supply Chain: Food

## A new distribution model for food

**The current NHS Supply Chain route to market only permits deliveries of ambient products. You've told us this is a big barrier to using NHS Supply Chain and that it needs to change. We've listened to your feedback and are working on a plan for a new distribution service that will allow us to deliver products of all temperatures – chilled, frozen and ambient.**

### What we're doing

We are in the process of appointing a new multi-temperature distribution partner for food. This will establish one national route to market for all food deliveries, including chilled, frozen and ambient products. Essentially, all of your items will be delivered on the back of one multi-temperature lorry.

Think of this new partner as being the wheels for our distribution, allowing our network of specialist suppliers to deliver their products via the new model. This means other suppliers we work with, who don't have the means to deliver



nationally, will be able to deliver their products into the new distribution partner for onward delivery to your trust.

### Why it's a great idea

Through our Food Forums we have heard many of you would like to work more closely with us but only being able to receive ambient orders has prevented you from doing so. The new distribution model will create a one-stop shop, allowing you to order all of your food items from NHS Supply Chain. This means we will be better able to leverage the buying power of the NHS and deliver savings to your trust. Other benefits include:

- **Leveraging the scale of the NHS to make savings**
- **Being able to place all of your food orders in one place**
- **Deliveries from fewer suppliers**
- **Transparency with one national price for all trusts**
- **Reduced food miles and fewer carbon emissions**

### The new partner will act as our wheels

For the new model to work, our new multi-temp distribution partner will be an expert in food. Just think of them as our "wheels". Rather than using their products and suppliers, we will instead nominate our own products and suppliers into their specialised distribution network, meaning we can be sure of the quality and provenance. This also helps us to work directly with manufacturers, producers and growers, helping to provide the NHS with great stories and transparency around where our food is coming from.

# A new distribution model for food

## Small and medium sized enterprise (SME) opportunities

The new model provides smaller suppliers, like fruit and vegetable growers, with a national route to market so they can provide you with their produce. We'll also be establishing a new direct fresh food agreement which will allow you to buy compliantly from your local suppliers.

We'll be maintaining the current NHS Supply Chain ambient route to market too, giving you the option to buy split cases or smaller case variants of some products as well as receiving ambient food deliveries at ward level.

## What people think of the new model

**Sian Langford, Deputy Facilities Manager, The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust:** "We wanted to be involved to help shape the new model and ensure our voices were heard. The NHS Supply Chain: Food team have been a great collaborator from day one, which has given us the confidence to work together to achieve results".



**Charlie Hudson, Head of Procurement, NHS Supply Chain Food:** "I'm really excited about this project because it creates a platform to help leverage the collective volume of food purchased by the NHS. It also helps us to contract with growers, producers and manufacturers to not only deliver better pricing, but also greater transparency on provenance".



**Sam Lee, Category Tower Manager, Supply Chain Coordination Ltd:** "The new model will streamline the user experience for catering teams by providing one online ordering portal. This will reduce the amount of admin, enabling catering teams to spend more time feeding patients and enhancing their experience for staff and visitors".

## What's happening now

The new multi-temp distribution model is expected to launch in early 2020 but first, we have 35 NHS trusts who have joined the journey for phase one of the launch. Our phase one trusts are a combination of acute and community, small and large, multi-site and single-site trusts, and will work closely with us to ensure the new model is fit for purpose before rolling out to everyone.

If you have any further questions, email [food@supplychain.nhs.uk](mailto:food@supplychain.nhs.uk) or contact your Food Account Manager.



## Inside scoop on healthy patient feeding



**Tim Zawada**

Culinary Lead  
NHS Supply Chain: Food

**Everyone is familiar with the recommendation to eat at least five portions of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced, but regardless, doing so provides huge nutritional benefits.**

But that's not all, there's a wealth of other important initiatives aimed at improving health and wellbeing through food. So, whether it's promoting five fruit and veg, reducing sugar and salt intake, following a balanced diet or anything in between, as hospital caterers we need to be at the forefront of healthy eating.

We caught up with Tim Zawada, Culinary Lead, NHS Supply Chain: Food, to get his take on all things patient feeding and healthy eating:

### Tell us a little bit about yourself and your role.

**Tim:** I'm Tim Zawada and have been working as a chef for the last 20 years. I started my career in fine dining restaurants but have spent the last eight years working as a development chef for contract catering companies and manufacturers. Most of my work as a development chef involved writing and costing new recipes and menus, trialling new suppliers and products and supporting new menu launches and mobilisations across several different sectors including healthcare, education and business.

Now, I'm bringing that experience to my role as Culinary Lead for NHS Supply Chain: Food. Essentially, it's my job to ensure we are supporting you throughout the decision-making process by providing advice, insight, sampling and more. I have a passion for food, especially promoting healthy choices and innovative approaches, and I get a real sense of achievement when supporting the NHS catering community to continue delivering first-class patient meals.

### What are the main challenges facing patient feeding right now?

**Tim:** Each and every single NHS trust and hospital will possess its own unique challenges, this often depends on the method of cooking chosen at that site. Whether it's scratch-cook, frozen ready prepared meals or anything in between, there's no right answer – it's a case of assessing and understanding the needs of each trust before making an informed decision.

However, regardless of cooking method, there remains a number of common challenges. For instance, rising food costs, recruiting and retaining quality staff, food waste, nutrition, quality, presentation, consistency, flexibility and of course patient choice. No matter the challenge, we're on hand to help!

# Inside scoop on healthy patient feeding

## What's your take on the International Dysphagia Diet Standardisation Initiative (IDDSI)?

**Tim:** IDDSI is a global initiative being implemented to improve the lives of people living with dysphagia, the medical term for swallowing difficulties. It's a grading scale consisting of eight levels (0 through to 7) and provides terminology and definitions for texture modified foods and thickened liquids. It became fully operational on the 1 April and it's a great move for the healthcare industry – the new descriptors remove any ambiguity or confusion for anyone working with texture modified foods.. This should really simplify things for those on the front line and remove the risk when feeding nutritionally vulnerable patients.

Over the past few months, we've been supporting trusts to transition to the new IDDSI grading scale and there's been a great deal of work around testing and changing menus. If you do need any further support, please speak to your Account Manager.

## How do you feel innovation can help to improve the quality of patient feeding?

**Tim:** Often, I hear people say that "innovation doesn't work in hospital catering". I understand the sentiment behind this comment with rising food costs and ever-challenging conditions, but in my eyes innovation is key to preventing menu fatigue. Of course, preventing menu fatigue is vital for hospital patient feeding, with many patients eating your meals for days, weeks or months on end.

We've been focussing on improving our patient snacking options over the last few months and are looking forward to launching our new cold beverages,

confectionery and snacks range later this year. The new range covers a variety of different patient snacking areas and really does deliver on innovation with exciting products like vitamin enhanced cordials and gluten free breakfast bars being made available. Patient snacking is an important meal occasion, and our role is to make sure innovation is ensuring nutritionally vulnerable patients have the right options to aid their recovery.

## Is it possible for a hospital to be at the forefront of consumer trends and insight?

**Tim:** Yes, it's a case of looking at what's happening on the high street and in supermarkets and understanding what will work in a hospital patient feeding environment. Eating healthy, nutritious food is key to any patient's recovery, so anything we can do to help them gain a real sense of enjoyment from food can only be seen as a good thing. We provide catering and procurement teams with this quarterly insight report specifically for the NHS. This helps caterers to stay informed on the ever-evolving trends around taste and eating habits. For example, hospitals are needing to focus on improved vegetarian and vegan options for patients, as these are increasingly popular lifestyle choices. Our insight report helps you to stay at the forefront of trends like this – so make sure you take the time to read it each quarter and speak to your Account Manager about the content within.



## Inside scoop on healthy patient feeding

### What's your view on using branded vs unbranded foods in patient feeding?

**Tim:** Essentially, it's the choice of each NHS trust, but for me, branded should only be used if the quality is far superior to that of an unbranded product. Branded items really are worthwhile if the patient knows they're eating it – as often this helps to improve the amount of food they choose to eat. A good example of this would be branded condiments or sauces.

Ultimately, if the patient doesn't recognise, associate with, or know the brand being used, I think it's important to apply an open-minded view. Especially considering the cost benefits they can bring to your trust. We are currently working with a number of trusts to conduct product sampling sessions looking at branded to unbranded switches, especially for patient feeding drinks like tea and coffee. Speak to your Account Manager if you are interested in running a similar session at your trust.

### How important is the role of hospital patient feeding in improving the nutrition and wellbeing of our nation?

**Tim:** It's vital. Each and every one of us has either been in hospital or knows someone who has. It's an area that impacts us all. Hospital caterers in England do a fantastic job, under really challenging circumstances, and I feel it's my role to help support them in any way I can to make their lives a little easier.

**We have a great team in place working to support you and your trust. In addition to our Culinary Lead, we also have a registered dietitian, who works closely with our Account Managers to ensure we're delivering on initiatives like CQUIN. If you would like some support from our subject matter experts, please speak to your food Account Manager.**



## Our upcoming range launches

### Cold beverages, confectionery and snacks



The NHS currently spends around £13.5 million on cold beverages, confectionery and snacks every year. We've taken that spend out to market and are gearing up towards launching our new and improved range this summer. Keep an eye out for more information!

### Hot beverages and vending consumables



Our new range of hot beverages and vending consumables, launching later this year, offers savings of up to 25% compared to current NHS Supply Chain, Brakes and Bidfood pricing. Keep an eye out for more information!

#### Find out more

If you're interested in learning more, please speak to your Food Account Manager or email [food@supplychain.nhs.uk](mailto:food@supplychain.nhs.uk)

## Healthier choices from hospital vending

**Vending machines play an important role in hospital catering because they offer round the clock food and beverages to staff, visitors and patients. But with vending machines often being stocked with sugar sweetened, high calorie products like fizzy drinks and chocolate bars, it's not always the healthiest of choices for consumers. Or is it?**

We think we've found the solution - one that will complement your existing vending machine sales whilst also delivering healthy snacking alternatives through a vended offer. Say hello to Pepsico's new healthy vending machine called 'Hello Goodness'.

### Introducing 'Hello Goodness'

Hello Goodness is a new concept offering a fully planogrammed healthy vending offer. It belongs to market-leading retail supplier Pepsico and the proposed model is fully operated, meaning the supplier would manage it on your behalf, including machine provision, operation, maintenance and cash collection – with commission being paid to trusts on a monthly basis.

### Flexible to suit your consumer needs

Hello Goodness offers a fully flexible planogram to meet your specific consumer's needs. Simply choose from Pepsico's portfolio of healthier products and they'll do the rest. All machines will come either fully cashless or part-cash, catering to the modern day consumer's need for cashless payment. They'll also be fitted with telemetry allowing you to view machine stock levels and sales, as well as helping you to access any maintenance or servicing requirements at the click of a button.

### Get involved now

We are excited to offer an exclusive trial of the new Hello Goodness vending machines so if you are interested in learning more or joining the trial, please email [food@supplychain.nhs.uk](mailto:food@supplychain.nhs.uk).



# Food tech solutions to reduce food waste

Here are the facts:



**Overall, one third of the world's food ends up in landfill.**

These statistics are astounding, but it's only going to get worse if we don't make improvements now. According to the United Nations, the current world population of 7.6 billion is expected to reach 8.6 billion in 2030, 9.8 billion in 2050 and 11.2 billion in 2100.

Around the world, farmers, cooks, innovators and entrepreneurs are developing technologies to address issues in every aspect of the food system. Their smart efforts aim to reduce hunger and eliminate waste. And food technology specifically focused on preventing and recovering food waste is changing the way we all interact with food – with the aim of helping everyone to save money.

# Food tech solutions to reduce food waste

## Freight Farms

Freight Farms created the [Leafy Green Machine](#) and its supporting [Farmhand Connect](#) app, which work collectively to produce consistent harvests, 365 days of the year, in any geographic location. The machine offers a closed-loop hydroponic system within a shipping container that is fitted with climate control technology and efficient growing equipment. The accompanying app allows growers to remotely track their farm's climate conditions and control its humidity, temperature, carbon dioxide, and nutrient and pH levels to maximise its efficiency and production, thus minimising waste.



conventional refrigeration. Using just one litre of water per week and solar energy, the Wakati system functions to keep fresh produce hydrated, enabling farmers in warm climates to more effectively store their harvests on-farm and in transit, increasing their ability to bring crops to market.

## BluWrap

By using fuel cells to monitor and reduce oxygen in shipping containers, BluWrap can extend the shelf life of fresh fish and meat. Its built-in sensors work to create a consistent atmosphere throughout a product's shipping chain, extending food's window of freshness and allowing them to reach new markets.

## BT9 XSENSE

A real-time cold chain management system, [BT9 XSENSE](#) monitors the condition of perishable food products along the transit line, from the producer to the store shelf. The data allows users to identify problems along the cold chain and take action to maximise products' quality along the entire supply chain.

## LeanPath

LeanPath provides food waste prevention solutions for commercial kitchens worldwide. The company's food waste smart meters allow kitchen staff to track what food is being thrown away, monitor trends and make informed decisions that not only reduce the amount of food that goes to waste, but also the kitchens' overall food costs.

## Wakati

A solar-powered, standalone device, Wakati uses hydration to preserve food instead of a cooling system, creating a low-cost, low-energy alternative to

**There are many more technologies out there making a difference in the workplace, but mobile apps are also doing the same. These apps help connect farmers to consumers, retailers to charities and growers to intermediaries.**

# Food tech solutions to reduce food waste

## Too Good To Go – Rescuing restaurant leftovers

Almost 900,000 edible meals are thrown out by restaurants and other food establishments in the UK every day, at an estimated cost of 97 pence per meal. Too Good To Go provides a platform for stores to sell their surplus produce at a reduced price. Think food delivery with a green discount! Too Good To Go is celebrating 7 million meals rescued worldwide since its launch in 2016. This app is currently active in nine European countries.

## FoodCloud – Using food waste to support charities

FoodCloud works wonderfully with supermarkets and farms to let charities know that they have food that would otherwise go to waste. This app allows organisations to see the exact volume and type of food being offered and arrange a pick-up time. This means that charities can save money on their food budgets and use this surplus food for breakfast clubs, homeless shelters and other community centres. FoodCloud has redistributed 20 million meals so far to charities in the UK and Ireland.

## MyFoodways – Personalised recipe app

MyFoodways is designed to help individuals reduce their food waste by providing personalised and adaptable recipes based on the ingredients in their fridge.

Users are asked to enter their food preferences and the ingredients they have into the app, as well as how many people they need to serve.

MyFoodways will then suggest simple recipes as well as tips for keeping food fresh for longer. The app is available for free for Android and iOS devices in English, French and German.

## Farmdrop

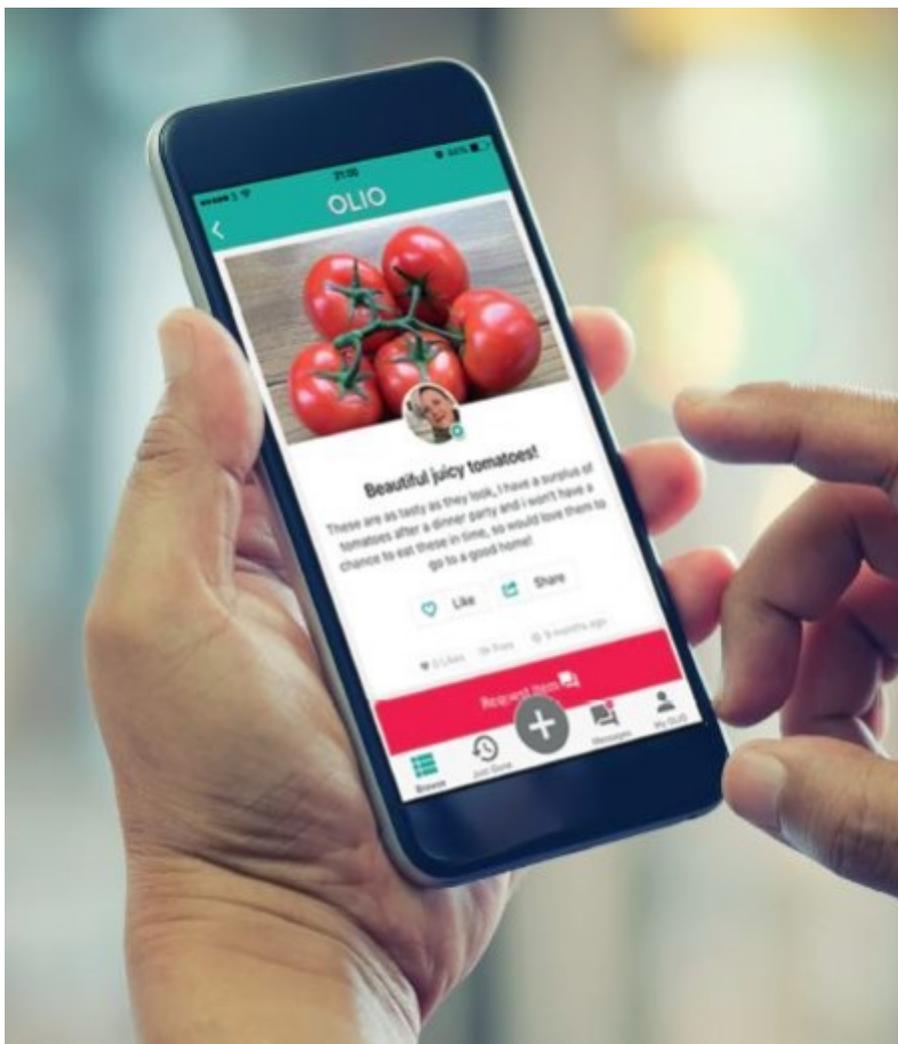
Farmdrop began by delivering produce from local farmers to libraries, community centres and pubs, but now uses a fleet of electric vans to deliver directly to homes.

With the highest respect for quality and sustainability, as well as minimal waste and optimal environmental standards, Farmdrop is a farm-to-door-style delivery service.

It connects the consumer directly with local farmers, to ensure maximum transparency.



## Food tech solutions to reduce food waste



### OLIO

#### “The food sharing revolution”

OLIO connects app users to excess home grown vegetables, food nearing its sell-by date in local shops and any unwanted food in households.

The app aims to not only save users money and reduce waste, but also allow them to “experience the magic of rescuing something of value and interacting with a neighbour”.

We believe the key to the future of food lies with digital innovation and tech. As an industry, food has been a laggard in how it employs technology, but things are starting to change fast.

Reducing food waste matters and we have technologies in the industry to help us look at how we can make a difference at every level of our business. We recognise that when we waste food, we lose the resources that were put into the production process, such as energy, labour and water, just to mention a few. So, by reducing food waste the sector is helping the environment and saving money at the same time.

What are you doing to reduce food waste?

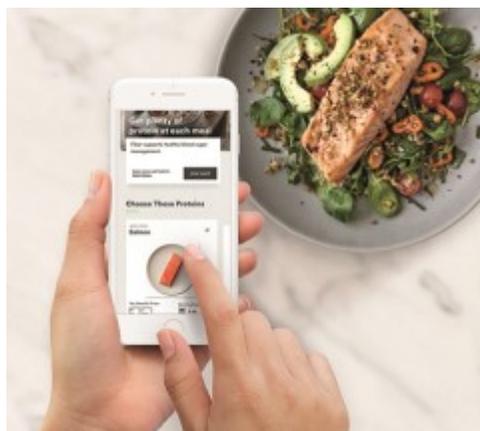
# Personalised nutrition

**Supported by DNA profiling and nanotechnology, personalised nutrition facilitates a tailored “prevention” rather than “cure” approach to health and nutrition.**

Meet your “digital self” who knows more about you than you do. This article explains how tech will help us understand our food choices based on the weather, environment and mood. Programmed with all our medical and dietary information it helps us make better choices for a healthier lifestyle.

Many countries now have general dietary and nutrition guidelines that help teach the general population on what foods to eat for better health. These guidelines provide a good starting point to advise individuals on how to make changes to their diet and lifestyle to improve their health and reduce their risk of many diseases. However, consumers are now seeking products that offer health benefits targeted at their lifestyles and dietary requirements, rather than a “one size fits all” nutrition solution.

The personalised nutrition industry is growing at an unprecedented rate from an estimated total value of \$93 billion in 2015 to \$127 billion in 2020\*, which in Sterling, is a staggering £97 billion! A recent survey revealed that 43% of global consumers have a significantly more favourable view of products that have claims personalised to them or their dietary needs (\*GlobalData). This trend is expected to shape the health and wellness market of the future.



## What is personalised nutrition?

Welcome to the world of personalisation, an emerging trend in the food industry that is at the forefront of the health-conscious market. Research shows 70% of 30,000 respondents from 63 countries said they actively make dietary choices to help prevent health conditions, such as obesity, diabetes and high cholesterol.\*

Personalised nutrition is based on the idea that personalised nutritional advice, products or services are more effective than generic approaches.

### Personalisation can be based on:

- Biological evidence of different responses to foods/nutrients dependent on genotypic or phenotypic characteristics
- Analysis of current behaviour, preferences, barriers and objectives and subsequent delivery of interventions, which motivate and enable each person to make appropriate changes to his or her eating pattern

### What’s the aim?

Personalised nutrition aims to understand more about how our genes, nutrition and health all interact; and how in the future, we can develop better-targeted dietary recommendations by taking our DNA into account. Personalised nutrition has the potential to revolutionise nutrition and dietetics practice. While the concept of ‘personalised nutrition’ is an exciting one, it is important to remember that this research is still in its early stages and there is a lot we still don’t know.

## New sustainable food sources

### **Creating a global food system which is both sustainable and meets all the needs of a modern world in constant flux is no small feat.**

It's a challenge that requires the cutting edge of both technology and innovation. As we move towards a world population expected to top 9 billion by 2050, we need to consider food in terms not only of the cultural value and raw sustenance it provides, but the costs associated too, from environmental impact, to economic sustainability and social or cultural pressure.

With climate change and ecological decline an issue that is receiving increasing attention, the food industry today is forced to find new, environmentally friendly food solutions as public demand and the drive for increased transparency become leading factors in many of our food decisions.

### **Creepy grubs**

Eating insects is one popular solution to this problem, or not so popular, depending on your disposition! It has the capacity to solve many of the sustainability issues we face today in terms of food waste, shortages and environmental impact.

Packed full of protein, vitamins and amino acids, this unusual food source has caught the attention of many companies eager to change the minds of their as-yet-unconvinced customers. Companies like Bugsolutely produce cricket-based pasta designed to combine the uncomfortable with the comfortable, while Entocube provide innovative technologies to farm and harvest insects in large quantities.

At the rate we are going, with a population of more than 9 billion by 2050 and the constant increases in global GDP, and therefore increased demand for meat products, we will need to double our food production. When you consider we already use over 70% of our agricultural land, already overfish our seas and battle increased pollution the world over, the case for insect proteins makes more sense than ever.

Around 2 billion people today already consume insects regularly as part of their diet – it is a cultural and societal change in the west that is needed, which would enable us to redefine our relationship with insects. This highlights the complexity around modernising the global food supply chains on the most basic level, but there are plenty of companies eager to rise to the challenge and already exciting the industry.



# New sustainable food sources

## Weird and Wonderful

Pasta made from crickets, and 100%-plant-based 'meat' that bleeds, is not even nearly as weird as it gets. Innovation and technology are driving the industry today, and every month there are new, exciting and potentially future-shaping developments. One of the latest and greatest innovations, just as with the Impossible burger, comes from a science lab.

Lab-grown meat is coming whether you like it or not. Some people may be convinced by plant-based proteins, but there are a few who will not change their minds no matter which way you cut it; so, at first glance, lab-grown meat seems to tick all the boxes!

By growing meat from animal stem cells, you no longer need to actually rear the animal, so right off the bat it removes any existing moral ambiguity behind meat-eating. This is only a starting point, however, as a joint Oxford/Amsterdam University study found it could cut emissions produced by conventionally manufactured meat by 96% – and would also reduce land use by a massive 99%!

With such impressive statistics, it's easy to see how businesses such as US firm Memphis Meats (a US start-up that produces beef, chicken and duck from animal cells) can be so disruptive. Today, the meat, which is often called dry or tasteless, is some way from tasting exactly like the real thing, but it is widely accepted that with time, there is no reason why the technology couldn't replace most of the traditionally reared meat we eat today.



## Vegetable superheroes

**Science does wonders for our food and has given us much of what we eat today, but often we should take a step back and evaluate not just what we produce, but how we produce it.**

Farming and engineering – from humble irrigation and plumping to more advanced CAD machinery and flash freezing – go hand in hand. Agricultural engineering is entering a new and exciting world, adapting to urban environments where space is scarce, and producing unique vegetables in the process.

Vertical farming systems are springing up and taking advantage of modern-day capabilities by growing plants entirely indoors without any direct sunlight or natural ecosystems, instead managing this with carefully calibrated UV lights and specifically selected nutrients, substrates or soils.

Edenworks are one company that are not only making the most of this relatively new idea but have their own unique take on it. The start-up now have a 10,000-square-foot warehouse in Brooklyn where they raise fish in aquaponic ecosystems, free from antibiotics, hormones or mercury. The fish manure, once it has been combined with bacteria, can be used as fertiliser for the plants they grow.

With plants stacked 20 feet high, the water is then filtered by the carefully selected soils and drained back to the fish – an almost entirely self-contained system, with waste reduction at its core.

By stacking the plants so high and using this aquaponic system, the project can produce vegetables with significantly less waste and in a far smaller space than a conventional farm. By producing within a warehouse, they can locate within urban centres too, meaning the greenhouse emissions and economic

cost from transportation are greatly reduced. The method also allows for more delicate produce, which was previously restricted in urban areas on a large scale, as it is harder to grow indoors, and the produce suffers in transportation.



# Activity calendar

Hot beverage and vending solutions

Delivered ready prepared meals

Multi-temperature distribution model

Fresh food

Our sourcing calendar provides you with an overview of all our food procurement activity. Above the line, in blue, shows when our procurement team will begin our sourcing strategy. Below the line, in green, is our anticipated launch date to trusts.



Key:

- Sourcing strategy begins
- Anticipated launch to trusts

## Contact your Account Manager

### North ●

#### Richard Gray

Email: [richard.gray3@supplychain.nhs.uk](mailto:richard.gray3@supplychain.nhs.uk)

Phone: 07795 047 464

#### Andrew Wilson

Email: [andrew.wilson7@supplychain.nhs.uk](mailto:andrew.wilson7@supplychain.nhs.uk)

Phone: 07920 365 337

#### Laura Jurczak

Email: [laura.jurczak@supplychain.nhs.uk](mailto:laura.jurczak@supplychain.nhs.uk)

Phone: 07787 273 907

### South ●

#### Diane McKie

Email: [diane.mckie@supplychain.nhs.uk](mailto:diane.mckie@supplychain.nhs.uk)

Phone: 07795 686 008

(maternity leave - contact Tendai Dhlwayo:

[tendai.dhlwayo@supplychain.nhs.uk](mailto:tendai.dhlwayo@supplychain.nhs.uk))

#### Natasha Hansell

Email: [natasha.hansell@supplychain.nhs.uk](mailto:natasha.hansell@supplychain.nhs.uk)

Phone: 07976 390 892

#### Tendai Dhlwayo

Email: [tendai.dhlwayo@supplychain.nhs.uk](mailto:tendai.dhlwayo@supplychain.nhs.uk)

Phone: 07970 911 994

### Midlands ●

#### Mel McColgan

Email: [melanie.mccolgan@supplychain.nhs.uk](mailto:melanie.mccolgan@supplychain.nhs.uk)

Phone: 07484 342 585

#### Toby Cheetham

Email: [toby.cheetham@supplychain.nhs.uk](mailto:toby.cheetham@supplychain.nhs.uk)

Phone: 07443 810 868

#### Jenna Hill

Email: [jenna.hill@supplychain.nhs.uk](mailto:jenna.hill@supplychain.nhs.uk)

Phone: 07487 761 630

(maternity leave - contact Toby Hartley:

[toby.hartley@supplychain.nhs.uk](mailto:toby.hartley@supplychain.nhs.uk))



