

NOOT

FOOD IS MEDICINE

NATASHA'S LAW

Are you ready? NOOT has the solution ready to go!

HEALTHCARE ISSUE

KETO

Post lock-down diet?
Our diabetic meals are
Ketogenic too

2021



A NEW APPROACH TO FOOD IN HEALTHCARE

Noot is part of the Niche Free-from Kitchen family. Noot meals are made with ingredients known to aid healing and promote health, not worthy - just tasty. Many of our meals may sound familiar, but they are not the same.

For a very long time we have known that some foods make us feel good and some, just don't. Some foods have special powers that can enhance mood, speed up recovery and turbo boost your immune system.

In healthcare all-to-often we see very traditional types of foods that are poorly executed, and the boiling tank methods used to cook them many of the nutrients, minerals and vitamins are lost in the process. Our maximum size saucepan if you like is 150l which we think is about the maximum you can go to before food takes on that unmistakable industrial feel and taste. We want food to taste like it would if you cooked it at home (assuming you are a good cook)

For patients in healthcare it can be a scary time, food is seldom the subject on the top of the agenda, although it is a necessity for our daily survival. We wholeheartedly believe that food can be a great part of recovery and ongoing wellbeing. It can be tasty, delicious, free-from and provide health benefits all at the same time.

All our meals are free-from gluten, nuts and sesame as well as catering for many other dietary needs. We have been doing this for a while and our restaurant in London (www.nichefoodanddrink.com) was the first in the UK to be 100% accredited as gluten-free by Coeliac UK.



DO NOT BREAK THE SEAL

Patients with food allergies, food intolerance's and special dietary needs are greater in number than ever before. To cater well for those special dietary needs in a way that is modern, delicious and truly mitigates risk of cross contamination (no unbroken chain) . Giving your patients what is a really delicious meal, catering for their needs and tastes delicious.

MAKING IT EASIER

We wanted to create a full approach for food that works in healthcare. We have worked with a company to create a stylish tray with inserts for our meals as we didn't want to use the oblong designed ready meal style trays.

We have partnered with In-Bowl - a company producing a round stylish bowl that fits in to a custom tray which is also round. To ensure the contamination chain is unbroken the meal should be cooked in either an oven or warming trolley, a microwave can also be used with the seal intact. Only the patient should then peel back the seal or person who is feeding the patient.

Custom single trays with just the main course of a larger tray with dessert, appetisers and bread or our keto bread. They can be finished to suit the design of your environment, though we recommend keeping it simple in black to match the bowl itself or white if you choose the compostable bowl.

All components are frozen, for best results they regenerate better from thawed but can be cooked from frozen. The meals are designed to be an easy to use solution for those patients requiring a free-from meal without risk of contamination.

**"LET FOOD BE THY
MEDICINE AND MEDICINE
BE THY FOOD."**



COELIAC UK

We are working in partnership with Coeliac UK to enable customers to offer the **Safe To Serve** cross grain symbol on our foods for those customers wishing to participate in the service.

We are **AOECS accredited** and therefore the meals you will receive from us are all gluten-free. You are able to use the cross grain assurance if the chain of the meal to the patient is unbroken. Coeliac UK audit this process and we can assist in setting up guidelines for your catering team to help enable this. There is real value in being able to offer coeliacs and those following a gluten-free diet giving them the assurance that their meal is not contaminated.

NATASHA'S LAW IS COMING...

What is Natasha's Law and why is it so important?

At the moment, when food is prepared on the premises of a shop or dining space where it is sold, the vendor is not legally required to individually label that food with an ingredient list.

Prior to Natasha's Law, the most recent allergen legislation had been passed in December 2014. Put in place by the Food Information to Consumers (FIC), it stated that allergen labelling on pre-packaged foods needs to be emphasised for clarity. It further introduced a requirement for allergen information to be provided on non-pre-packaged foods; that included foods sold by restaurants, cafes and other food operations with dining spaces. Its purpose was to give allergenic ingredients more prominence so consumers would be able to make an informed decision before making their purchase. The legislation let businesses decide how they wanted to present the allergen-advice, for example, printing allergen information in **bold**.

What's changing?

Natasha's Law, officially known as the UK Food Information Amendment, is an update to existing legislation in England, Northern Ireland and Wales (it's likely that Scotland will follow suit).

It requires food businesses to now clearly provide:

- **Name of the food**
- **A complete list of ingredients and with the 14 allergenic ingredients emphasised (for example in bold, italics or a different colour) on the labels of foods pre-packaged for direct sale on the premises (PPDS).**

The hope and expectation is that the new regulations will prevent severe reactions that continue to occur as a result of inadequately labelled food products. This will not only protect allergy sufferers but also give them greater confidence to buy food when they're out.

The consequences of not complying?

The ultimate consequence of ignoring Natasha's Law would be the death of a customer. If that happens those to blame will face a criminal trial, the business will lose its reputation and most likely be forced to close.

To prevent situations like this from arising, local food authorities are expected to include inspection of Natasha's Law compliance to their regular business checks. Any breach of the legislation found will be a criminal offence and could lead to substantial financial penalties.

As part of any inspection, authorised officers from your local council will visit the business premises; they have the right to enter and check at any reasonable time. As such, they will usually arrive without making an appointment. Some premises might be inspected at least every six months, others less.

At NOOT allergen management is built into our DNA - we have this covered so you don't have to!

FREQUENTLY ASKED QUESTIONS



Q When do the changes come into effect?

A **Natasha's Law**, officially known as the **UK Food Information Amendment** comes into force on 1st October 2021.

Q What is PPDS?

A **Prepacked for Direct Sale** (or **PPDS**) is food which is packaged at the same place it is offered or sold to consumers and is in this packaging before it is ordered or selected. It can include food that consumers select themselves (e.g. from a display unit),

Q What information must be on a PPDS label?

A PPDS labels must clearly display the following information on the packaging:

- o Name of the food
- o A complete list of ingredients and with the 14 allergenic ingredients emphasised.
(for example, in **bold**, *italics* or a different colour).

Q What are the 14 major allergens in the UK?

A Food businesses or businesses that serve food must inform customers if any products they provide contain any of the 14 allergens as an ingredient.

The 14 major allergens in the UK are:

Celery	Crustaceans	Eggs	Fish	Gluten	Lupin
Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame
Soya	Sulphur dioxide				

Q What products are defined as prepacked for direct sale?

A Examples include:

- o Sandwiches packaged by a food business and sold or offered from the same premises.

Natasha's Foundation's vision is to prevent and end allergic disease; it is also their mission to bring about positive change by focusing on law and policies, medical research and educating and raising allergy awareness.

They want to ensure the needs of allergy sufferers are met in a meaningful way and to offer a real hope that will change the lives of all those living with this life threatening disease.

We are proud to be card-carrying members of Natasha's Army!

Find out more at narf.org.uk

WHAT IMPACT WILL IT HAVE?

The change in the law is far reaching in that every business selling pre-packaged food will need to comply and take responsibility for the allergen safety of their stock. The rules come into place in October, but companies will need to prepare for the changes well in advance if they want to be ready in time.

STEP 1

Checking whether the business produces or supplies PPDS foods to consumers. If so, confirm what type and how they plan to label the products.

STEP 2

If the PPDS is bought from an external supplier, the end seller will need to check the stock that it buys is adequately labelled. The supplier has a legal obligation to provide accurate information if requested.

STEP 3

Implement an allergen management methodology to ensure PPDS prepared food you sell is correctly labelled by your suppliers.

STEP 4

Train all staff on Natasha's Law and make sure they have up-to-date allergen management training. This is vital as staff ignorance is not a valid excuse.

STEP 5

This applies to all meals, snacks, retail food items you sell or give to patients, Labelling with phrases like may contain are not acceptable especially for those with allergies. Know the 14 allergens, check your labels and save lives.

BESPOKE EATING

Price points, expectations and food tastes are so varied, we have choices for all budgets and all tastes.

A fully allergen sealed and approved meal in kit form, for in-house chefs to plate with full hygiene pack.

Alternatively the meals can be provided pre packed.



"SPECIAL DIETS AND ALLERGIES DON'T MEAN COMPROMISE"

Diabetic

With diabetes on the rise in the UK we have spent a great deal of time designing food for diabetics that make the food more approachable and desirable. Many of our meals are designed to be low carbohydrate and ketogenic, ideal for those with diabetes. This range of meals has dishes that will not be unfamiliar but are made differently, so that they meet our dietetic strategy for those with diabetes.

Sugar

We simply have too much sugar in our diet. We get enough sugar from fruits and vegetables, assuming we eat those and don't need the extra. We have found a way to create delicious desserts without using sugar, using a fruit-based natural sweetener called monk fruit. It's taken us a while to develop a range of desserts and puddings that give the indulgence and delight of a dessert but taste every bit as delicious as those made using sugar. Our desserts therefore have zero effect on blood sugar, no weird metallic aftertaste and zero net carbohydrates,

BREAKFAST



Smashed avocado on toasted sourdough, chargrilled asparagus, balsamic roasted mushrooms, salsa and free-range scrambled eggs



Free-range poached egg, sweet potato hash, roasted beef tomato, smoked turkey bacon, chicken sausages, and chestnut mushrooms



Continental breakfast selection. coconut bircher, museli, cornflakes, granola, smoothie, selection of gluten-free pastries, sourdough toast



Veg Keg. Smoked tofu kedgerree



Gluten and dairy free Belgian waffles

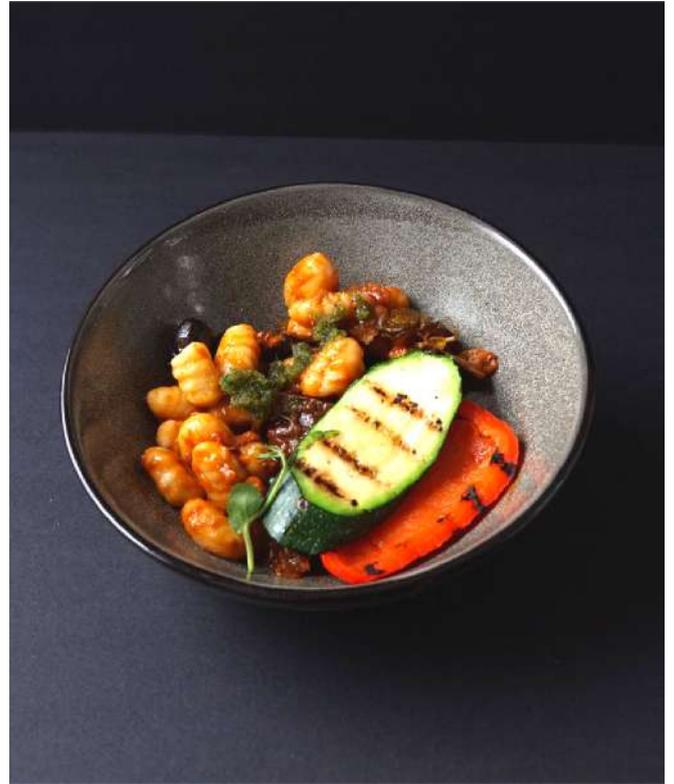


Gluten-free croissants and pain au chocolat

MAIN MEALS



Duck breast with port and redcurrant reduction, vegetable stack and pea pesto



Vegan and gluten-free gnocchi caponata with chargrilled veggies



Grilled Hake and gnocchi Caponata



Selection of mezze/antipasti all vegan and gluten-free. Selection of gluten-free flatbreads

BOWL MEALS



Chicken Katsu Curry- can also be vegetable katsu curry with Jasmine rice and asian greens



Teriyaki salmon with veggie noodles



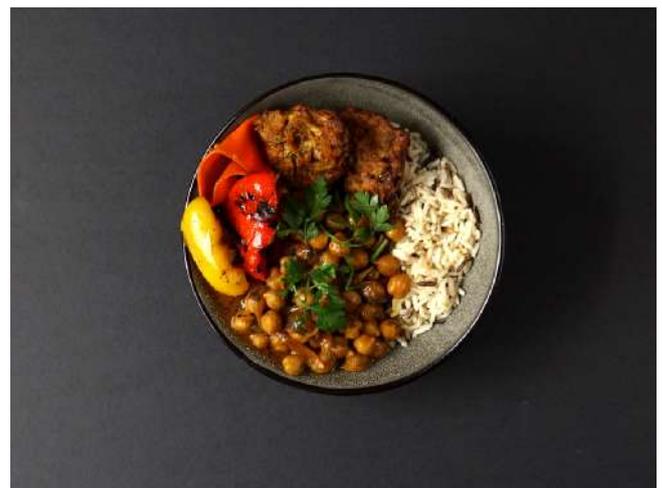
Thai green chicken curry with Jasmine Rice



Aubergine curry with potato pakora and saag aloo



Butternut and sugarsnap curry with lime and coconut rice and onion bhaji



Chickpea tikka massala with goan vegetable bites, coconut rice and grilled peppers

DESSERTS AND CHEESE



Chocolate orange brownie with salted caramel and chocolate sauce



Ginger and maple pudding with turmeric and lemon custard



Vegan strawberry and maple crumble and vanilla custard



Cheese board gluten-free crackers, chutney, vegan available



Vegan tiramisu



Vegan salted caramel and chocolate pot

READY-TO-EAT



Butterless chicken curry (chicken masala) with pilau rice



Guacamole on gluten free sourdough with baked egg and chilli salsa



Gluten-free ricotta tortellini with San Marzano rich tomato sauce



Pea and mint risotto with chargrilled halloumi and tomato compote



Lemon chicken with chargrilled vegetables and sweet potato mash

READY-TO-EAT



Gluten-free spinach and ricotta ravioli with pesto and San Marzano tomato sauce



Pea and mint risotto with chargrilled vegetable stack and gremolata



Five bean chilli with pomegranate jewelled jasmine rice



Smoked turkey bacon, chicken sausage, roasted mushroom, tomato and cauliflower hash brown



Five bean chilli with roasted mushrooms and cauliflower hash brown

AFTERNOON TEA



Just a small selection of our vegan and gluten-free cakes. Clockwise from 12; elderflower and vanilla cake, ginger and carrot cake, victoria sandwich, chocolate fudge cake, strawberry and rose cake



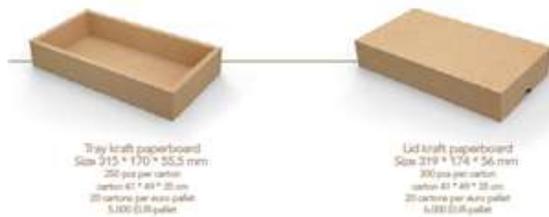
Gluten-free and vegan sultana scones



Gluten-free and vegan farmhouse fruit cake

COMING SOON

Full meal solutions



NOOT

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