



the russell partnership

www.russellpartnership.com

# Nutrition in Practice Workshop

Enable your catering team to improve the nutritional quality of their food and successfully market these benefits to customers through a unique nutrition workshop. Designed for hospitality managers, catering managers and chefs, this small, informal workshop gives delegates:

- **an awareness of the principles of nutrition in the context of commercial catering**
- **hands-on, practical experience in menu design and marketing**
- **a prioritised strategy for directing nutritional improvements**

## Topics include:

The workshop is presented by one of The Russell Partnership's highly skilled nutritionists with considerable expertise in applying healthy eating to commercial catering. Presenters work with delegates to offer them an easy to implement health strategy for their own catering operation. The workshop not only complements the Russell Partnership's Nutritional Audit, helping to improve staff awareness and nutritional quality in order to achieve the required level for *Food for the Brain* accreditation; it is also invaluable training for any catering team.

This workshop covers nutrition principles, menu modelling, sourcing ingredients, preparation methods and presentation to enable chefs to prepare menus that are both nutritious and delicious. Hospitality and catering managers will also benefit from advice on how to maximise the benefits of any nutritional changes made, and promote these efforts to customers in order to protect income and demonstrate their responsible food policy.

How nutrition affects caterers	Food for the brain	Principles of a balanced diet	Menu composition	What's on the label?	Presentation tools	Learning resources
<ul style="list-style-type: none"> <li>• Consumer health awareness</li> <li>• Corporate social responsibility</li> <li>• Special diets</li> <li>• Growing importance of health</li> <li>• Conscientious consumer</li> <li>• Income protection</li> </ul>	<ul style="list-style-type: none"> <li>• The impact of diet on staff, student and delegate performance</li> <li>• Identify foods that boost learning ability</li> <li>• Identify foods that hinder brain function</li> <li>• Strategy to direct customer choices</li> </ul>	<ul style="list-style-type: none"> <li>• Guidelines for balanced menus</li> <li>• How to achieve optimal energy and concentration and control weight</li> <li>• The importance of creating balanced vegetarian dishes</li> <li>• Understanding fats – the good, bad and the ugly</li> </ul>	<ul style="list-style-type: none"> <li>• Specific suggestions for menu development</li> <li>• Easy, practical advice to improve nutritional content without compromising on taste</li> <li>• Healthier grab and go options to support energy and concentration levels</li> </ul>	<ul style="list-style-type: none"> <li>• How to recognise and avoid harmful additives and preservatives</li> <li>• Dealing with allergies and intolerances</li> <li>• Provenance and sourcing issues</li> <li>• Guidance on organic, local and Fairtrade food</li> </ul>	<ul style="list-style-type: none"> <li>• Establishing a food policy</li> <li>• Effective communication to customers and staff</li> <li>• Menu signposting and on-site marketing</li> <li>• Improving staff training and knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Practical exercise on menu modelling</li> <li>• Quiz to reinforce learning</li> <li>• Summarised main recommendations</li> <li>• Reference handouts</li> <li>• Follow up blog for free question and answer service</li> </ul>

# Nutrition in Practice Workshop

## Presenter Profiles

The workshop is led by one of The Partnership's qualified Nutrition Consultants:

Fiona McDonald Joyce has considerable experience working with caterers helping them to improve nutritional standards. Fiona is also the author of a number of best-selling cookbooks, including *Smart Food for Smart Kids* and *Food Glorious Food* (Piatkus).

Jessica Wilson brings communication and creative skills to her work as a nutrition consultant following a highly successful career as a television producer. She combines clinical practice with consultancy and media work, working with schools and families, most recently as the nutritionist on the successful 'Fat Families' series for Sky 1.



Fiona McDonald Joyce



Jessica Wilson

## Testimonials

"Our chefs now understand better than ever how to build appealing menus which pro-actively help the business of learning and understanding." *Executive Chef*

"Absolutely brilliant! Extremely useful and interesting. Thank you very, very much!" *Catering Manager*

"Excellent information overall - really informative and useful application to the workplace." *Conference Manager*

## Venue & Workshops

Workshops are held in London or at your own organisation. More information on location is available upon booking.

## Schedule

The schedule for the half day workshop is:

- 0900 registration
- 0930 session commences
- 1230 session ends

There will be regular refreshment breaks.

## Fees

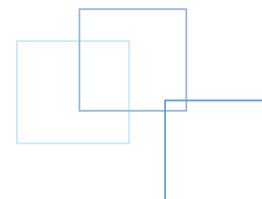
The fee per person is £175.00 plus VAT (non-residential) which includes all teaching materials, training costs and refreshments. This price is discounted to £125 per person if two or more delegates attend from the same organisation.

Workshops can also be held at your own organisation for a fixed fee of £895 for up to 12 delegates.

7½% of all fees will go to the charity Food for the Brain to further develop their activities.

## Make a booking

Call Nicola Rees on 020 7665 1888 or email [nicola@russellpartnership.com](mailto:nicola@russellpartnership.com)  
See website [www.russellpartnership.com](http://www.russellpartnership.com) for dates and nutrition events



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