

**TUCO Welsh Regional Meeting
Thursday 16th November 2023 at 10:00 am
Cardiff Metropolitan University**

MINUTES

Attendees:	Andrew Phelps [Chair]	Cardiff Met
	Jane Eve	TUCO
	Jason Edwards	USW
	Judith Hoyle	TUCO
	Phil Rees-Jones	Cardiff
Online:	Sarah McLoughlin	TUCO Academy
	Kayleigh Zammit	NHS Wales SSP
Apologies:	Angela Church	Bangor
	Annabel Hurst	Cardiff
	Vanessa Heritage-Smith	Wrexham
	Hayley Jones	Denbighshire
	Steve O'Neill	Wrexham
	Gareth Price	USW

1. Welcome and Apologies

Apologies as listed above.

2. Minutes of the Last Meeting

These were taken as agreed.

3. Framework Update (Jane)

Tender Activity

Hot Beverage is at ITT stage for the new agreement to start on 1st March 2024. Any members with contracts expiring between 6th January and 1st March are advised to extend. Convenience Retail – we have issued a questionnaire on whether the portfolio of agreements we have meets members' needs or if we need some additional ones.

DipChem – tender schedule to be issued to the market in November.

Food Waste has been extended until 31st October 2025.

Greenhouse Gas Calculator – we have issued a new DPS agreement to go live next year.

Alcohol – returns are due back on 8th December so there has been a slight extension until 14th March. Alcohol suppliers submitted revised prices in August to cover duty changes.

Catering Light and Heavy Equipment – a new 4 year agreement is in place.
EPOS – as from 18th September Fidelity Systems have been awarded onto there.
Milk, Dairy and Morning Goods – Fresh Pastures went into liquidation. Hannah will re-tender this when she has finished the Alcohol one.
Contract Review meetings have been held for the CICS agreement and are planned for Fresh Meat and Poultry, Food Waste and Soft Drinks. A lot of the spend on the Soft Drinks framework is now going through either Convenience Retail or Grocery, Frozen and Chilled due to the changes with the supply of Coca Cola so it is possible that this will cease as a framework in the future.
We have a new Account Manager for Vegetarian Express – Bushra Al-Salehi.
Twinings and Pukka Tea have some good new teas and tea recipes with food pairing.
McCains have funds available for members wishing to run promotions around their new cheese products.
Unilever – Ben & Jerry’s are looking to provide support to members on their Ben & Jerry’s Scoop Shop.
We are looking at a solution for digital menus to link up with TUCO Online.
New products are available on our NPD page.
On the sustainability side, Kim Ashley is writing an article for the magazine on the cocoa supply chain with Cadbury’s, Mars, Tony Choccolony and Divine.
A survey has been sent out looking at member engagement.

4. Training Academy Update

Both Sarah and Camilla had been visiting a number of universities over the past couple of months delivering compliance courses at places such as Edinburgh, Reading and Staffordshire. They have already delivered 50 courses in the last 6 months which is comparable to the whole of the previous 12 months. L4 Food Safety costs £99 including textbook. Other soft skill courses available are:

- Finance for Non-Financial Managers
- Report Writing
- Professional Development
- Presentation Skills
- Environmental, Social and Governance

These courses are open to anyone within our member institutions, not just the Catering Department.

We have come up with a webinar system ‘Management Essentials’ this is geared to lower level managers, supervisors and team leaders and will be a program to help them with soft skills and improve their confidence. There has been feedback recently about a lack of middle managers as a result of the changes in the last few years and there is a level of lower managers who need additional support to give them more empowerment. It is a 6 module system of 2.5 hours every 2 weeks and will be CPD accredited. There is also a number of one-to-one coaching sessions at a slightly higher cost. Modules include Introduction to Leadership, Communication Skills, Delegation and Feedback, Accountability and Motivation, How to Have Difficult Conversations.

We are working with HSI and the Vegetarian Society on more plant-based projects. We recently held a course on Visual Merchandising in Manchester which will be repeated in London in April.

Study Tours

Two bursary places are available for every study tour.

- February – Culinary Olympics in Stuttgart
- Food To Go In Leicester and Frankfurt in April
- Colombia Coffee Tour 4th – 12th May 2024
- South Korea 18th – 26th May Student Services Conference with food trends in South Korea
- CIA Menus of Change June 2024 – 10 people have already expressed an interest in this. 10th to 15th June including visits to both Yale and Harvard
- London Street Food
- August – wine, beer and olive oil tour in Italy
- July – NACUFS Conference in Kentucky
- World Pizza Championship in Italy

Webinars

- Plastics Legislation Update
- Net Positive

The Academy Steering Group met at the end of September for the first time since COVID.

Our Winter Conference 2023 will be held on Wednesday 6th December at the University of Kent with a networking dinner on Tuesday 5th. The theme will be the Cost of Living Crisis. It will include a talk from Rafael Mutu from Kent on ‘Gleaning’ which is the use of excess produce from local farmers. Harper Adams will be presenting on their Food Waste research. James Payne will speak about Global Commodity trends and Charles Banks will be presenting on his Global Food Trends research

We will also have a presentation from The Flygerians on Nigerian street food and they will also be making the canapes for the dinner the previous evening. As always, a study tour will follow the conference. We currently have 3 places left at a cost of £250.

5. Sustainability/Menus of Change

13 of our members have now pledged to the 24 principles. NetPositive have information on the 24 principles, which is accessible to people who have already pledged. There will also be a self-assessment tool to check where you are at with this. The system is flexible in that you do not have to adopt all the principles. We will also offer an online learning tool in conjunction with the CIA. We also have collaboration with Culinary Medicine UK, which teaches medical practitioners how to cook and advise patients on healthy eating, which in turn helps students with their brain function.

6. Board Update (Phil)

Members have asked if TUCO can assist them with recruitment issues. We are therefore in the process of filming a video to promote jobs which will be white labelled and quite generic but sector specific.

The proposed TUCO Foundation is a charity vehicle which will house the TUCO Academy and other charitable ventures. This way we can invest more money into our members.

Chefs' Forum – Phil stressed that it is important for chefs within our member institutions to be involved.

Summer Conference has been confirmed for Exeter in July 2024.

Competitions will be re-launched at Warwick for the first week of April 2024.

We have carried out some competitor analysis and have done the draft strategy. A member engagement survey has gone out this week. The results of this will be discussed at the December Board Meeting.

Research – we have partnered with Harper Adams on excess food waste. We are also commissioning a piece on International Student Eating Habits. We are working with KCL on student eating habits and the impact on their academic performance.

Other news on Board Directors – Alan Riddell comes to the end of his term of office at the end of this year. Matt Tebbit from Reading is joining us in January. Phil will step down as Chair of the TUCO Board in summer but will continue on the board of the new TUCO Foundation.

7. Updates from Members

South Wales

Jason reported that they had a very positive start to the academic year. They have had a big increase in international students. Recruitment issues were OK at the moment. They have awarded the contract for Grocery, Frozen and Chilled to Bidfood. They have a new building being built over the next couple of years.

Cardiff Met

They had a new Vice Chancellor due to start at the beginning of January who has just pulled out so the current Deputy will be appointed. There is a freeze on all vacancies. They have had a good start to the academic year and there are more students on site but they are still struggling with recruitment of staff. Due to the Cost of Living crisis they had no price increases for two years. As a result they had to put their prices up in August and the increases were quite high. Trading is going well and Andrew has been trading longer into the day but the struggle to recruit staff is still an issue.

NHS Wales SSP

Kayleigh has a vacancy which needs to be filled on the procurement side. They are waiting for government approval to publish the Fresh and Frozen Meat and Poultry. Bread, Milk, Morning Goods and Dairy is almost ready to go. Ambience Grocery was awarded in June of this year. Harlech won most of the business and it is now running smoothly.

On Catering Disposables, they have removed all their plastics and are now working with Bunzl to get a temporary agreement in.



The University Caterers Organisation

On Sustainability, Cardiff Met won the People and Planet Award last year so the challenge for them now is to beat last year's score.

Cardiff

Phil explained that the same challenges are being faced by most institutions. Financially most of them are struggling. Phil had recently been on the Worlds of Flavor Study Tour with the TUCO Academy in California and explained about the business model in US universities compared to the UK

8. Supplier Presentations at Future Meetings

Possible suggestions included Castell Howell, Brakes and Bidfood.

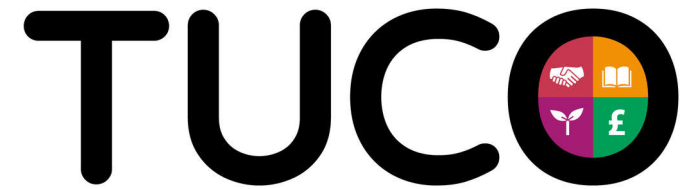
9. Any Other Business

Jason felt that for any new members/employees coming into Higher Education from the private sector it would be a good idea to have a mentor scheme.

10. Date of Next Meeting

Thursday 7th March at Harlech Food Expo, Venue Cymru, Llandudno.

We will invite North West Regional Members and look to have a social/networking event at Bangor Conference Centre the same evening.



The University Caterers Organisation

Andy Mee

North West Regional
Meeting
24th October 2023

Is your venue ready for the growth of Alcohol Free Drinks?

I'm not Anti Alcohol, it's all about Choice! The Alcohol Free Industry are NOT another Temperance Movement!



A WOMAN'S LIQUOR RAID-HOW THE LADIES OF FREDERICKTOWN, O., ABOLISHED THE TRAFIC OF ARDENT SPIRITS IN THEIR TOWN.—



Not Anti Alcohol – Pro Choice:

It's time to **stop** sober shaming.
#StopSoberShaming

ALCOHOL CHANGE UK



ALCOHOL CAN CAUSE CANCER

2.2 UK Units
Per 175ml

9.4 UK Units

Search: OneYou Alcohol

To keep health risks from alcohol to a low level it is safest not to drink more than **14 UNITS** a week on a regular basis

It is safest to avoid alcohol when pregnant or trying to conceive

drink less for your breasts



JUST ONE DRINK A DAY INCREASES YOUR RISK OF BREAST CANCER BY 14%

ALCOHOL INCREASES YOUR RISK OF BREAST CANCER.



The more you drink, the more you increase your risk of developing breast cancer.

THINK TWICE.

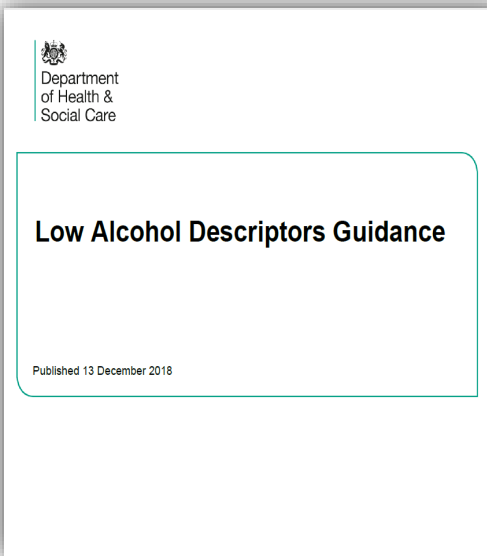
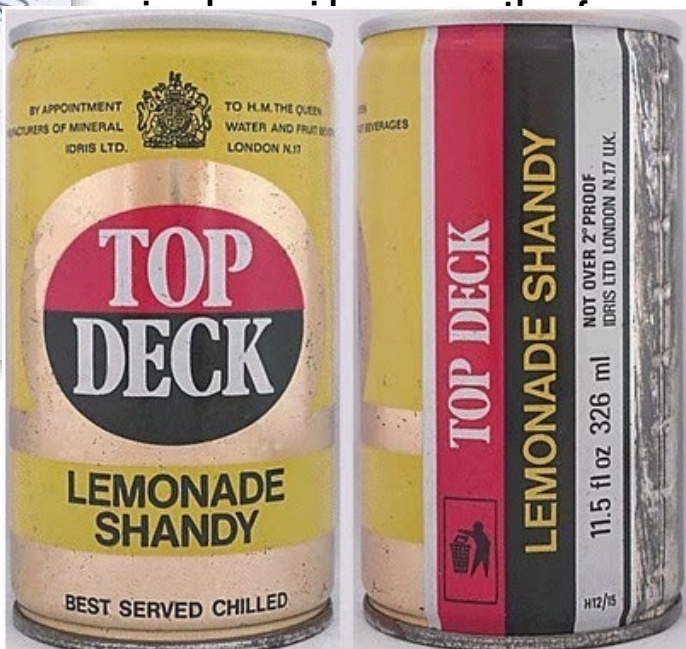
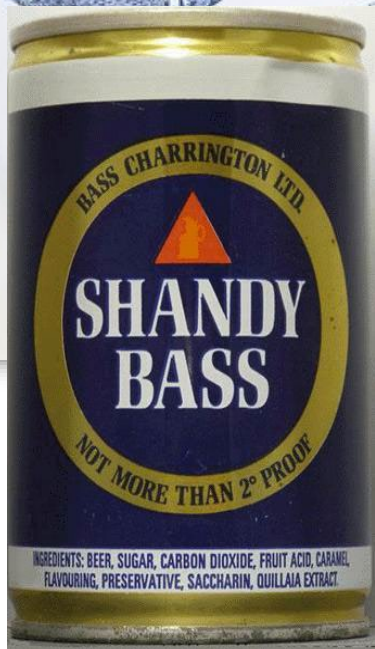
- 1 in 8 women suffer from breast cancer
- 7 drinks a week increases the risk by 14%
- 14 drinks a week increases the risk by 28%



So, what exactly are Alcohol Free Drinks and the confusion around labelling....

191 Meaning of “alcohol”

(1) In this Act, “alcohol” means spirits,
 ed,
 not



Low alcohol – the drink must be 1.2% alcohol by volume (abv) or below
Non-alcoholic – the drink must be 0.5% alcohol by volume (abv) or below
Alcohol Free – the drink must be 0.05% alcohol by volume (abv) or below
De-alcoholised – this term should only be applied to a drink from which the alcohol has been extracted if it contains no more than 0.5% abv and the product should also include an indication of its alcoholic strength (or state that it contains no alcohol).



What do we mean by Alcohol Free Drinks

Things have come a long way from these drinks



Sadly many people perceive this is the experience of Alcohol Free Drinks

THE ALCOHOL FREE DRINKS COMPANY

What do we mean by Alcohol Free Drinks

AF versions of Multinational brands



Direct Alcohol replacement products from new brands



New AF products from new brands



THE ALCOHOL FREE

Why have an



20% of people in
55% of people in
38% of GenZ don
29% of pub visits
47% of non drink
70% of people in
9 million adults d
1 in 4 adults have
80% of people that consume non-alcoholic beer in the UK are also regular beer drinkers.
25% of non drinkers default to Tap Water if there are no good AF Options.



Their Credit card is the same as someone who is so, if you don't cater for them, they don't spend.....




Remember one thing..
the reason your customer is not
alcohol.....

THE ALCOHOL FREE DRINKS COMPANY

What do we mean by inclusive Drinks menu?





MAKARS GOURMET MASH BAR
FANCY A DRINK?

OUR DELIGHTFUL ALCOHOL DRINKS

STEWART BREWING

Stewart Brewing is a local artisan success story founded in 2010 by the great friends, Steve and Al Stewart. It's Edinburgh's local, independent brewery. Stewart's have established themselves as one of Scotland's most successful and reputable breweries. They have won countless awards for their innovative products, whilst still retaining the traditional ethos of Edinburgh's rich brewing history.

Founded in 2008 by Peter Stewart, Thirsty Cross is Scotland's leading craft brewery located near the coast in East Lothian. One of the founders and the head of the brewery is Peter Stewart, who has spent the last 20 years of his life in the industry. Peter is a passionate beer drinker and a craft beer enthusiast. He has spent the last 20 years of his life in the industry, and he is passionate about the craft beer industry. He has spent the last 20 years of his life in the industry, and he is passionate about the craft beer industry.

DRAGHT BEERS/CIDERS

All Draught Pils 6£ Half Pint 6.3
Stewart's Lager 6£
Stewart's Brewing is a local independent brewery producing draught beer since 2010. Their beers are brewed in Edinburgh and are available in all major UK cities. Stewart's Lager is a classic Pilsener beer with a light, crisp and very drinkable. Our first beer was brewed in 2010 and we've been brewing ever since.

Makars Guest IPA 5-8£
Citrus hop aroma develops into a mouthwatering tartness and opens with a refreshing bitterness. The hop aroma is subtle and the citrus is just what you need to get you through the day.

Stewart's Hollyhock Pale, Light & Hoppy 4.8£
Light-bodied pale ale with a subtle hoppy character and a hint of citrus. The hop aroma is subtle and the citrus is just what you need to get you through the day.

Stewart's Guest Dark Beer 4.8£
Strong and full-bodied with an abundance of roasted malt flavors. Spiced, malty and a touch of sweetness. Tastes great on its own or with sticky rice pudding.

Thirsty Cross Traditional Draft Cider 4.8£
Our best loved cider and made less than 10 miles from where we are sitting.

RUMS

Bacardi (35ml) £4.50
Captain Morgan Spiced Rum (35ml) £4.50
Knoxon Blue (35ml) £4.50
Havana Club 7 (35ml) £5.00

VODKAS

Smirnoff Red Label (35ml) £4.50
Absolute Vodka (35ml) £4.50
Grey Goose Vodka (35ml) £5.00

LIQUORS/SPIRITS

Balleys Irish Cream (35ml) £5.00
Aperol (35ml) £4.50
Cointreau (35ml) £4.50
Drambuie (35ml) £4.50
Jack Daniels Tennessee (35ml) £4.50
Malibu (35ml) £4.50

MIXERS

Soda Gun Mixer £21.00
Fever Free Bottle £21.50
Bar Accord Bottle £22.00

'OOR' SCOTTISH WHISKY

Monkey Shoulder (35ml) £4.50
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Glenkinchie 12 Year Old (35ml) £5.00
The nose is quite light, yet fragrant, the palate is fruity with notes of honey & sweet malt. There is a hint of citrus & a touch of spice. There is a freshness & crispness to the drink. The finish is medium length with notes of citrus & light sweetness.

Glenfiddich 12 Year Old (35ml) £5.00
One of the world's best-selling malts. Sweet, subtle notes develop into a rich, smooth & subtle yet flavoursome.

Archie 12 Year Old (35ml) £5.00
This is a smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Balvenie Double Wood (35ml) £5.00
12 year old, sweet fruit & stone fruit notes, layered with honey & vanilla. Smooth & balanced on the palate, with a beautifully combined flavours - really smooth, creamy spirit & a pronounced grain of barley.

James Watson (35ml) £5.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Talisker 10 Year Old (35ml) £5.00
A classic Malton dram from the Isle of Skye. Always highly sought after, this is a classic Scotch Whisky. A classic Malton dram from the Isle of Skye. Always highly sought after, this is a classic Scotch Whisky.

WINES

RED WINES	WHITE WINES	ROSE WINES
Culivis Montepulciano (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	The Old Glen Tree Chardonnay (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	Red Cattle Pink Cigra (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.
Vino Lancia Merlot (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	Contador Rio Sauvignon Blanc (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	SPARKLING WINES
Vino Fata Malibu (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	Contador Rio Sauvignon Blanc (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.	Prosecco Red Cattle (75ml) £7.00 A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

GROWN UP ALCOHOL-FREE DRINKS

BOTTLED BEERS/CIDERS

Nirvana Bavarian Helles Lager (330ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Nirvana Classic IPA (330ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Nirvana Dark Rich Stout (330ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

ALCOHOL FREE SPIRITS

Talmoner Citrus and Ginger Punch (75ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Clen Doctus West Coast Blend (75ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Clen Doctus Premium Smokey Isle (75ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

270 North Rum (75ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Peasegreen Londoner Gin (75ml) £4.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

GROWN UP CRAFT SODAS

Rhubarb Soda (275ml) £3.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Cloudy Lemonade (275ml) £3.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Ginger Beer (275ml) £3.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Cream Soda (275ml) £3.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

Pink Grapefruit Soda (275ml) £3.00
A smooth, rich and malty Scotch Whisky. A smooth, creamy scotch & very malty Scotch which works especially well with our food or as a relaxing drink.

HOT DRINKS

Filter Coffee £1.50
Hot Chocolate £2.00
Selection of Teas £2.00

YOU'RE ONLY YOUNG ONCE

Orange, Pineapple, Cranberry or Apple Juice £3.00
Coke Diet £2.00 or £3.00 (1000ml)
Irn Bru £2.00
Appletiser £2.00
Big Tom Spicy Tomato Juice £2.50
Selt or Sparkling Mineral Water £3.50





GOOD BEER GUIDE 2023 WE'RE IN IT

No 7 Idaho 7 & Mosaic Pale Ale
Little Critters
ABV 4.2%

Old Forge Half Moon
ABV 3.8%

Not Apache On Chinook Wishbone
ABV 6% (KEG)

Raspberry Pulp
ABV 4%

Lag Phase Bad Seed
ABV 3.9%

Afraid Of Sunlight Thirst Class
ABV 5.7%

Holy Faith Northern Monk
ABV 0.5% (KEG)

Cloudy Cider Celtic Marches
ABV 4.5%

Download Real Ale Finder to see what's coming soon...





What is the future growth for Alcohol Free drinks

Market value up

Consumer acceptance of products up

Quality of products up

Growth



Gen Z not drinking up.

Understanding of health benefits up.

Alcohol Consumption Down