


Catering Management Association of Ireland

Mission Statement

'to provide for excellence in professional
catering management ensuring the highest
possible standards are achieved and
maintained'



Commitment from CMAI

- *The CMAI has agreed to participate with this very important health initiative and have given Written Undertakings & Achievements to FSAI up to 2010*
- *This is posted on www.fsai.ie*

Promotion of the Salt Reduction Initiative by CMAI

- **We promote & encourage the Salt Reduction Initiative amongst members & our networking colleagues**
- **We encourage our Trade Membership to participate and help supply low salt products**
- **We promote the initiative on our CMAI website & at all functions**
- **We email members with information on relevant seminars etc**
- **St. Stephens Hospital Cork & Midlands Regional Hospital Mullingar are taking part in a pilot scheme**

Origin of the Idea

- **FSAI Food Sector Forum**
- **St. Stephens Hospital Catering
Department Cork**

➤ The Team

- Healthy Eating Options - Salt
- Menu Choice
- Food Choice
- Waste

➤ Review

➤ Client Base

➤ Partnership

➤ Communication

<u>Review</u>	<u>Result</u>	<u>Action</u>
Purchasing of High Salt Products	Cooked Ham Processed Meats Bouillons Gravy Mixes & Sauces Cereals Bread Sausages Seasonings - Aromat	Turkey / Beef / Lamb / Pork / Corned Beef Not purchasing Low Salt Knorr Porridge with Honey / Fresh Fruit & Fresh Fruit Juice / Yogurts Salt reduction in some breads Limited use

<u>Review</u>	<u>Result</u>	<u>Action</u>
<u>How we cook with Salt</u>	<p>There was salt in some foods before cooking</p> <p>We were using salt in the cooking process</p> <p>The client was putting salt on food</p>	<p>Cut down on the use of high salt foods</p> <p>Cut down on the use of salt in cooking on a gradual basis with an aim to omit salt in cooking</p>

<u>Review</u>	<u>Result</u>	<u>Action</u>
<u>Clients - Wards</u>	Free flowing salt containers were still being used in some wards Clients were pouring salt over food	Introduced the use of salt sachets to all wards On tables for client choice

<u>Review</u>	<u>Result</u>	<u>Action</u>
<u>Dining Room</u>	Salt sachets on tables	Removed from tables placed at service for client choice Information on salt reduction programme on notice board

Salt – Cooking

- Reviewed menus & food purchasing
- Reviewed our standard recipes
- Changed some products to low salt products where possible
- Introduced fresh herbs, spices, garlic etc and developed more creative uses
- No Salt in cooking area
- Sample tasting of dishes produced

Obstacles Faced

- We had resistance to the omission of salt sachets from tables in the Staff Dining Area
- We had small problems in the CPU when staff forgot that we did not use salt.
- Changing our standard recipes by omitting Salt was difficult for staff when cooking. We had a lot of sampling by the Chefs to get a quality product.
- Training on alternatives to salt by all staff – flexi time
- Chefs had a fear of the changed taste & could we still have a quality product

Benefits of the Initiative

- We have reduced our level of Salt in the cooking process
- We have added Healthy Eating choices
- We are getting positive feedback from Clients & Staff
- Catering Staff are proud to be part FSAI All Island Salt Challenge
- Catering has become a legislative driven service with the introduction of HACCP etc this initiative has given the team a different type of challenge where they can be more creative etc
- Staff bring lots of new ideas to work
- St. Stephens achieved a Better Service Award from HSE South 2007. The Salt Reduction Initiative was part of this award.
- We have included this initiative as part of our EIQA National Quality Award 2007& Catering Review Gold Medal Award 2007

List of Slides - Salt

1. CMAI
2. Commitment from CMAI
3. Promotion from CMAI
4. Origin of the initiative
5. The Team
6. Review of purchasing
7. Review of cooking
8. Client review
9. Dining room Review
10. Salt- Cooking
11. Obstacles faced
12. Benefits of the Initiative