

# More Organic produce but the same budget - how?



# Conversion vs Restructuring

## Conversion

The **Only** change: The products are organic

The same kind of products and recipes are used

## Restructuring

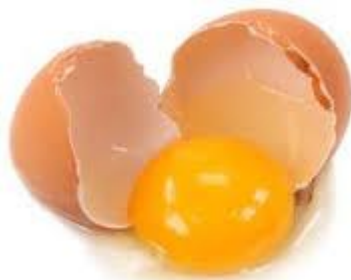
**Rethink your way of cooking**

Spend no more than

**3 €** per kg

**on average**

# Use fresh produce rather than semi-/finished products



Vs homemade pickles



## Replace more expensive products with good but cheaper alternatives

Olive oil → Local cold pressed canola oil

Tenderloin → Meat cut suitable for slow cooking



# Serve food by the season: Vegetables, fruit and fish. Cheaper and more fresh!



# Bake your own bread and cakes. Better quality, cheaper and stimulates the appetite



# Avoid food waste - what is it?





# Reduce the selection/menu choice and save money: **LEAN...**



Name	Monday
Ward	Lunch
Bay	Assistance Req'd? [ ]
	Adaptive Cutlery Req'd? [ ]
Please fill in the box next to your choice like this [✓] If you require a small portion please [✓] below: <b>Small [ ]</b>	
<b>MAIN COURSE—Choose One</b>	
1 [ ]	Steak & Kidney Pie & Gravy
2 [ ]	Broccoli & Herb Quiche
3 [ ]	Cheese Ploughman's
4 [ ]	Egg & Tomato Sandwich
<b>WITH—Choose One</b>	
5 [ ]	Jacket Potato with Butter
6 [ ]	Creamed Potatoes
<b>WITH—Choose One or Two</b>	
7 [ ]	Cabbage
8 [ ]	Carrots
<b>PLUS Desserts—Choose One</b>	
9 [ ]	Creamed Rice Pudding
10 [ ]	Jelly & Ice Cream
11 [ ]	Fresh Fruit
<b>STANDARD DIET Menu 1</b>	

Name	Monday
Ward	Supper
Bay	Assistance Req'd? [ ]
	Adaptive Cutlery Req'd? [ ]
Please fill in the box next to your choice like this [✓] If you require a small portion please [✓] below: <b>Small [ ]</b>	
<b>HOT SUPPER—Choose One</b>	
1 [ ]	Homemade Vegetable & Lentil Soup with a Roll
2 [ ]	Cheese & Tomato Omelette with Side Salad [ ] Bread Roll
3 [ ]	Ham Salad [ ] Bread Roll [ ] Coleslaw
4 [ ]	Jacket Potato with (tick one) [ ] Tuna [ ] Cheese [ ] Baked Beans
<b>PLUS Desserts—Choose One</b>	
5 [ ]	Homemade Fruit Cake
6 [ ]	Jelly & Ice Cream
7 [ ]	Banana
<b>OR HIGH TEA</b>	
8 [ ]	Selection of Finger Sandwiches <i>Tick here if vegetarian [ ]</i> Homemade Mini Cakes
9 [ ]	Fruit Pieces In Juice or
10 [ ]	Fruit Mousse
<b>STANDARD DIET Menu 1</b>	

Name	Tuesday
Ward	Breakfast
Bay	Assistance Req'd? [ ]
	Adaptive Cutlery Req'd? [ ]
Please fill in the box next to your choice like this [✓]	
<b>CEREAL—Choose One</b>	
1 [ ]	Shredded Wheat
2 [ ]	Weetabix
3 [ ]	Cornflakes
4 [ ]	Porridge
<b>ACCOMPANIMENTS</b>	
5 [ ]	Prunes
6 [ ]	White Bread
7 [ ]	Wholemeal Bread
8 [ ]	Butter
9 [ ]	Low Fat Spread
10 [ ]	Jam
11 [ ]	Marmalade
Fruit Juice is served daily by the Beverage Team	
<a href="#">See information overleaf</a>	
<b>STANDARD DIET Menu 2</b>	

# Food is not nutrition until it is eaten



## And ask yourself:

Is your food updated according to nutrition recommendations?

Do you serve too much meat? Too few veggies? Too low fat food?

# What you pay for is what you get...



# Thank you!



vs.

