



The Care Sector

COST MANAGEMENT GUIDE

CONTENTS

Introduction	3
Industry Insights	4
Food for Thought	5
Operation Optimisation	5
Menu Modification	6
Product Precision	6
Recipes for Success	7
Waste not, Want not	8
Resources	9
Support	10



Scan the QR code
to learn more about
Creed



INTRODUCTION

Welcome to your care cost management and savings guide. We know the UK economy has faced many challenges in recent years and the knock-on effects which continue to impact care homes cannot be understated.

Reportedly, UK care home operators have seen a 3% rise in occupancy levels and many operators are now trading above pre-pandemic levels¹. However, with inflation, energy prices and staffing challenges there is enough to be concerned about before even considering your food offering.

An adequate food provision is an essential part of residential and nursing care and often a decision-making factor in care home occupancy, therefore it's a non-negotiable priority. However, as a result of a multitude of poorly timed, high-impact world events such as Brexit, Covid-19 and the Eastern European war, new supply chains are having to be sought out, and food costs remain high.

That's why, as your foodservice provider, we have put together this guide. To help you to navigate these challenging

conditions, and continue to provide an exceptional food provision for your residents. Individual requirements and variable menu options can remain at the forefront of your priorities, even in light of revised budgets and spend per head.

We understand the increased demand that has been placed upon care home kitchens. Therefore, we wish to offer help and support in curating menu options that not only make the numbers work, but also offer delicious, nutritious, easy to prepare and efficient meal provision for those depending on you.

We have collated expertise and advice from across our business, to help you optimise your care home kitchen procedures and effectively navigate these difficult times.

*We hope you find this helpful.
The Creed Foodservice Team.*

¹Knight Frank UK Care Homes Trading Performance Review 2023

The Bank of England expects inflation to continue to fall in 2024, with forecast inflation of

3%¹

83%

of UK care home operators feel inflationary pressures will impact operations¹

Industry Insights

IT'S ALL IN THE NUMBERS...

36%

of care homes say that they recycle food waste in order to minimise financial losses¹

3%

increase in occupancy since pre-pandemic²

9.6%

average weekly fees increase to £1,074 per week²

9.9%

overall adult social care vacancy rate in 2022/23³

86%

of UK care home operators agree they have felt a slight to strong impact of rising utility costs on their profitability²

£3.2billion

loss in food wastage in the UK foodservice & hospitality industry each year⁴

¹Keenan Recycling Research 2023, ²Knight Frank Report 2023, ³CQC 2023, ⁴Guardians of Grub 2023



Food for Thought

This guide is designed to provide inspiration and innovation within a difficult climate. We hope to help you make your budgets go further and manage costs efficiently with little impact on your residents.

Our advice spans from preparation optimisation and product range to food waste and more, and whilst a few of these actions may seem an obvious thought, together these tips could amount to an enormous cost saving within your facility.

Food for Thought

OPERATION OPTIMISATION



DAILY

Make certain meals such as breakfast & sandwiches **to order** to avoid overproduction. This will enable chefs to prepare only what they know will be consumed and minimise unnecessary food waste due to the unpredictable appetites of your residents.



WEEKLY

In order to calculate spend and food consumption per month, it is important to **perform stock takes on a weekly basis**, to see which products are in demand, products to delist and to identify suitable product switches that could result in cost savings. Through this you can check best before dates on produce, to minimise spoilage.



MONTHLY

It is important to **review your spend per head monthly**. This will allow the allocation of budget in line with seasonal trends and menu adaptations. For example, December will often bring the largest costs as we aim to provide a decadent festive experience for residents, whilst in January, costs could reduce, requiring a different level of provision.



QUARTERLY

We would recommend **meeting with your suppliers each quarter** to discuss how they can support you. Reducing the amount of deliveries and increasing drop sizes, for example, would be an effective discussion point when discussing overall cost savings with your supplier.

MENU MODIFICATION

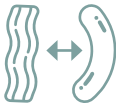


Limit your menu cycle to three weeks.

This will shorten your buying list and increase the quality of meals produced due to more frequent preparation, whilst amounting to less wastage and potential product spoilage.



Optimise dishes for maximum resident uptake. Use a variety of great flavours to ensure meals are the preferred choice which will amount to less wastage.



Ensure your recipes are flexible. Avoid disruption from volatile products which can be subject to price spikes. If supply is not consistently available, alternatives should be considered within each recipe.

Visit our Care Asset Hub to
download our 3-week menu example



PRODUCT PRECISION



Choose versatile multi-use products that can feature in multiple meals for a shorter product list.



Pick products based on maximal yield rather than pack size, to avoid false cost savings.



Choose unbranded over branded for a similar quality but lower cost product.



Review your pre-made products – could you recreate these in house for less without compromising on quality or labour time?



Use our seasonality calendar for fresh produce and avoid volatile products. Our team also produce a report each quarter on key commodities to help guide you to optimise your menus to the time of year.

Save
on labour
time and increase
nutritional value
by serving skin-on
products, requiring
less preparation
to serve.



RECIPES FOR SUCCESS

An example recipe from our 3 week menu

BUTTERNUT SQUASH RISOTTO

Description	Qty
Spanish Onions (large)	160g
Loose Garlic	8g
Fresh Flat Parsley	10g
Knorr Vegetable Stock Cubes	1
Country Range Extended Life Rapeseed Oil	5ml
Country Range Choice Peas	400g
Arborio Rice	750g
Butternut Squash	400g



Butternut squash is a great vegetable to utilise in the Autumn/ Winter months as this is when it comes into season.

Use our seasonality calendar to plan your menus ahead of time to utilise seasonal produce to keep costs low

Pre-Made Vs In-House

HOMEMADE SAUSAGE ROLL WITH SAGE & APPLE

Description	Qty
Country Range Puff Pastry Block	81g
Pork Sausage Meat	100g
Country Range Dried Sage	5g
Bramley Apples	5g
Sage and Onion Stuffing Mix	5g
Ellis RSPCA Assured Free Range Medium Eggs	5 each
LO Salt	0.25tsp
Country Range Ground White Pepper	0.25tsp

Adapt the seasoning to suit residents' tastes and vary the flavours to suit the season.

Analyse pre-made products to see if you could produce something of a higher quality at a lower cost in house

Not only does this recipe save cost on pre-made options but staff can upskill.



This mix helps to save labour time and creates a consistent flavour & texture!

CRÈME BRÛLÉE

For some dishes, utilising mixes can not only save cost but time too. For example our **Carte D'or Creme Brulee Mix** can help you to serve a classic dessert for a fraction of the time and cost.

WASTE NOT, WANT NOT

THE 4 P'S



PLATE WASTE

amounts due to the leftovers your residents leave when they cannot complete a meal. It is advised that recipes and servings all comply with the National Dietetics Association's portion guidelines.



PREPERATION WASTE

occurs within the kitchens due to remnants from preparing the day's meals. Utilise pre-made products and mixes such as the crème brulee and serve tactical menu items to minimise excess wastage. For example, serving skin on potatoes and vegetables rather than peeling them.



PRODUCTION WASTE

amounts due to an imbalance in food produced vs. resident food uptake. Reduce this by making certain menu items to order. For example in the case of breakfast or afternoon sandwiches. If residents were to order these dishes rather than being mass produced, the preparation to consumption rate would be dramatically more reliable whilst labour time, product use and inevitable wastage reduced.



PERISHED WASTE

refers to products that reach spoilage and are no longer of a quality that can be served within your homes. This waste can be mitigated by making use of your freezer. Frozen options can often be overlooked in favour of fresh products, but particularly when it comes to fruit and vegetables that come in and out of season and spoil so easily, these must be prioritised. Meat and fish can also be frozen to maintain freshness throughout your menu cycle.

Remember: New legislation due will mean that any businesses producing over 5kg of food waste per week will need to separate it and recycle through a registered food waste carrier service.

The UK's foodservice and hospitality industry throws away over

1,100,000 TONNES
of food each year! Of which
75% IS AVOIDABLE...

This cost is estimated to be

£3.2BN

and is equivalent to

1.3BN ADDITIONAL MEALS!¹

Therefore, we need to monitor the 4P's that make up this excess expenditure.

¹Guardians of Grub, 2023

RESOURCES

From our 3 week menu solution to guides on allergens and Dysphagia, our Care Asset Hub hosts up to date tools to support you.



IDDSI Framework Guide



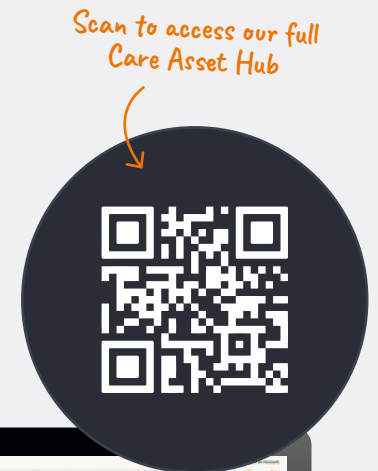
BDA Allergen Toolkit



Commodity Report



Seasonality Calendar



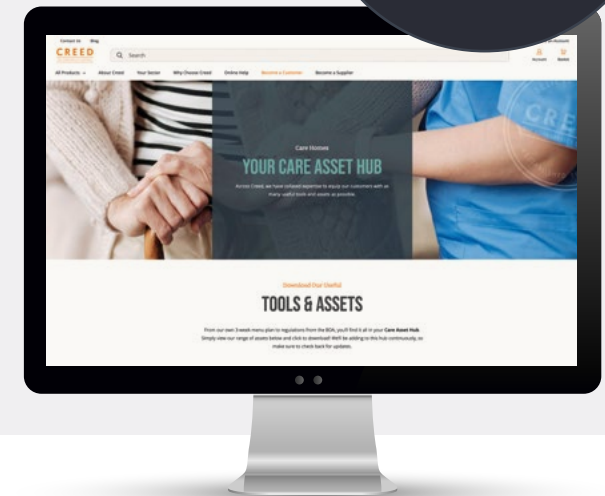
3-Week Menu Solution



Care Solutions For The Next Generation



2024 Trends Report



SUPPORT

As your foodservice provider, the team at Creed will always be on hand to support your kitchens wherever needed.

We will consistently review your top 50 products bought, to identify any potential product switches or supply concerns.

We have specially designed sample menus & recipes for you to implement straight away.

Our teams produce commodity reports each quarter to analyse real time supply and pricing of all the goods you buy, to make sure you are always up to date with the market environment.

Throughout the year, utilise our seasonality calendar to optimise your menus and recipes.

We hope you have found this guide useful and you can see some small solutions that could add up to significant cost savings. Finally, we hope to reiterate that we are here to support you and would love to work with you to understand the challenges you face and how we bring our solutions to life in house.

If you have any queries or would like any further information on anything addressed in this guide please contact andywilliams@creedfoodservice.co.uk

LIKE AND FOLLOW US ON SOCIAL MEDIA FOR MENU IDEAS, VIDEOS, RECIPES, NEW PRODUCT INFORMATION, CUSTOMER EVENTS AND MORE!

 CreedFS  @creedfs  creedfoodservice  creed-foodservice-ltd



Want to keep updated with our latest news, insights and activities? Scan the QR code to sign up to our newsletter!

