

# Hearts Content

News from the WARWICKSHIRE HEARTBEAT CO-ORDINATION GROUP

WINTER 2005

There are many new developments which will affect the way your business works over the next few years. In this edition of **Hearts Content** we describe new regulations relating to food hygiene and smoke free provision. We also share information received from members of the public about catering businesses.

Ruth Breese  
Editor

Welcome  
to this winter edition of  
**Hearts Content**

Merry  
Christmas  
**Congratulations**

## New Heartbeat Award Holders

- ♥ Thorn, Parkfield Junior and Priorsfield schools
- ♥ Leapfrog and Woodland Nurseries
- ♥ Scarman House - University of Warwick

Also to the following Heartbeat Award Holders in the Stratford District who as well as maintaining the high standards to retain their Heartbeat award have also achieved the National Clean Air Award:-

- ♥ Marks and Spencer, Stratford-upon-Avon
- ♥ Stratford Preparatory School, Stratford-upon-Avon
- ♥ Teddy Bear Corner, Alcester
- ♥ The Limes, Stratford-upon-Avon

*The Limes were the first care home in Stratford District to achieve a Young at Heart Heartbeat Award when it was introduced in 1999 and are the first care home in the district to achieve the National Clean Air Award.*









## the proposed Government Legislation

In November 2004, the Government launched its strategy for improving health, **Choosing Health - 'Making Healthy Choices Easier'**.

Part of this strategy includes proposed legislation regarding smoke free public places which states that by the end of:

- 2007, all enclosed public places and workplaces other than licensed premises will, subject to legislation, be **smoke-free**.
- 2008, arrangements for licensed premises will be in place.

-  All restaurants will be smoke-free 
-  All pubs and bars preparing and serving food will be smoke-free 
-  Other pubs and bars will be free to choose whether to allow smoking or be smoke-free. 

The **National Clean Air Award** is the first nationally recognised award which, if achieved at silver level, would meet the proposed Government legislation.



Free advice and support is available to help you reach this standard

Contact **The Tobacco Team on 0800 0852917** or your Local Authority Heartbeat Officer if you require further advice, support or help with any of the following:

- Smoking issues
- Support for smokers who wish to quit
- Accessing the National Clean Air Award website. Go to [www.cleanairaward.org.uk](http://www.cleanairaward.org.uk)
- Completing your application and adopting the model policy

# FOOD AND DIABETES

**Over 2 million people in the UK have Diabetes.  
A major factor in controlling diabetes is diet**



**Diabetes UK** is the support group for people with this condition. At a recent meeting of the South Warwickshire Branch, people discussed problems they experience when eating out.

A major issue is that staff taking orders have little knowledge of practices in the kitchen and give inaccurate information about the food. This can lead the person with diabetes to order inappropriate dishes.

The time lag between ordering and serving is very important to people who have to inject insulin before a meal. If you say that the food will be ready in 20 minutes and it takes 40, there is a chance that the persons blood sugar levels will become too low. Please inform customers how long they will have to wait for their meal.

Some people need a certain amount of starchy food at each meal so need to know if dishes contain or are served with rice, pasta or potato. If sauces or soups are thickened with flour, people may not be able to pick that dish as it could make their blood sugar levels too high. Try to offer choices that do not contain unnecessary flour on your menu. For example offer thin soups or those thickened with pureed vegetables.

If you offer ready made dishes, it was suggested that you post the nutritional information that the manufactures supply on your website and have a print off available in the restaurant

Like everyone, they'd love to have a choice of desserts when eating out. Fresh fruit salad and cheese boards are an obvious choice, but low sugar dishes such as fruit poached in wine, fruit and ice-cream, choux pastry with fresh cream (offer the sauce on the side or a fruit puree) are also suitable.

The habit of sprinkling sugar over all desserts, was seen as a bad move, and one that could be very expensive. How sad to order a fresh fruit salad and then not be able to eat it because it is served in syrup!

For more information on food and diabetes contact [www.diabetes.org.uk](http://www.diabetes.org.uk)

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## Medical Research Fund

The vital connection between science and medicine

The aim of the Medical Research Fund is to enable doctors and scientists of the highest calibre to work together on research projects with a direct bearing on standards of healthcare for communities regionally and nationally. In 2002, a dedicated biomedical research institute was opened at the University of Warwick with state of the art equipment, funded solely by charitable donations totalling over £6m. Academics, doctors, medical researchers and engineers are bringing their expertise together to solve some of the worlds most pressing healthcare problems, from detecting MRSA to the faster diagnosis of cancer.



### Did you know?

Some 1.4 million people in the UK are currently diagnosed with diabetes, another 1 million have the condition but don't know it. Research at the University of Warwick ranges from molecular research - understanding what exactly is going on at the level of our cells through to patient empowerment and professional education.

For diabetic patients who need to blood test themselves frequently, and for millions of healthcare workers exposed to the risk posed by hypodermic needles, the development of a safe, cheap and easy to use alternative is an urgent priority

Biomedical researchers and polymer engineers of the University of Warwick are already working on it.

**Unfortunately our work is restricted by lack of funds - can you help us?**

For further information about the Medical Research Fund please contact **Elizabeth Robinson** on **024 765 72526** email [mrf@warwick.ac.uk](mailto:mrf@warwick.ac.uk).

# New Regulations



Since 1995 food business proprietors have been required to do Hazard Analysis for their products and been encouraged to keep records. From 1 January 2006 the new European Community Food Hygiene Regulations come into force. The main change is that you will have to document your arrangements for making sure that food sold to customers is safe.

The records should be based on HACCP principles:-

- (a) identifying any hazards that must be prevented, eliminated or reduced to acceptable levels;
- (b) identifying the critical control points at the step or steps at which control is essential to prevent or eliminate a hazard or to reduce it to acceptable levels;
- (c) establishing critical limits at critical control points which separate acceptability from unacceptability for the prevention, elimination or reduction of identified hazards;
- (d) establishing and implementing effective monitoring procedures at critical control points;
- (e) establishing corrective actions when monitoring indicates that a critical control point is not under control;
- (f) establishing procedures, which shall be carried out regularly, to verify that the measures outlined in subparagraphs (a) to (e) are working effectively;
- (g) establishing documents and records to demonstrate the effective application all the points mentioned. When any modification is made in the product, process, or any step, you'll also need to review the documentation and make the necessary changes to it.

Regulation (EC) 852/2004 Article 5 para 1 will help you produce/review a HACCP Plan and keep records appropriate to your business.

Your local Environmental Health Practitioner will also be able to offer you advice on how to meet the required standards.



## *An alternative Christmas Pudding*



### - FRUIT FONDUE

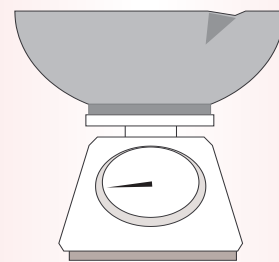
Put together a platter of assorted fruits such as banana or apple slices, chunks of Kiwi, nectarine, figs or pear, grapes, red and green, strawberries, melon balls etc. You could also offer cubes of cake, mini muffins or small biscuits.



Serve with one or two dipping sauces. Chocolate is an obvious choice, but what about a raspberry puree - hot or cold, a passion fruit one, or continue the Christmas theme with warm apple and cinnamon.



## WANTED



### A set of scales








The Lillington Fresh Food Project runs a fruit and vegetable co-operative.

They are looking for a robust set of scales to weigh out produce. If you have a spare set that you do not use, or are about to replace a set, please consider donating them to the project.

**Please contact**

**Judy Steele or Felix Lunt**  
at Crown Way SureStart on  
**01926 337506**

# Christmas Food Safety Tips

-  try not to over-pack your fridge; they don't work as well when the cold air can't circulate and may not keep your food cool enough;
-  think about what you really need to buy - remember the shops are only closed for 3 days!
-  always store ready to eat foods like trifle, cooked meats and pork pies in the top area of the fridge above the raw meat and fish;
-  the temperature of the fridge should be less than 8° at the top (this is the warmest part). Use a fridge thermometer to check the temperature and adjust the fridge setting if necessary;
-  leftover food should be cooled as quickly as possible, then wrapped and stored in the fridge. Try and use within two days;
-  re-heating leftover food is not recommended, but if you do re-heat, make sure the centre of the food is 'piping hot';
-  prepared cold foods should be stored in the fridge until you are ready to eat them.

## Christmas Turkey Safety

Oven ready weight (lbs)	Thawing time below 15° (hrs)	Cooking time 190°C /Gas 5 (hrs)	Wrapped in foil (hrs)
3 - 5	20	1 <sup>1</sup> / <sub>2</sub> - 1 <sup>3</sup> / <sub>4</sub>	1 <sup>3</sup> / <sub>4</sub> - 2
6 - 7	30	1 <sup>3</sup> / <sub>4</sub> - 2	2 - 2 <sup>1</sup> / <sub>4</sub>
8 - 9	36	2 - 2 <sup>1</sup> / <sub>2</sub>	2 <sup>1</sup> / <sub>2</sub> - 2 <sup>3</sup> / <sub>4</sub>
10 - 11	45	2 <sup>1</sup> / <sub>4</sub> - 2 <sup>3</sup> / <sub>4</sub>	2 <sup>1</sup> / <sub>2</sub> - 3
12 - 13	48	2 <sup>3</sup> / <sub>4</sub> - 3	3 - 3 <sup>1</sup> / <sub>4</sub>
14 - 17	48	3 <sup>1</sup> / <sub>4</sub> - 3 <sup>1</sup> / <sub>2</sub>	3 <sup>1</sup> / <sub>2</sub> - 3 <sup>3</sup> / <sub>4</sub>
18 - 22	48	3 <sup>1</sup> / <sub>2</sub> - 3 <sup>3</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub> - 4
23 +	48	3 <sup>3</sup> / <sub>4</sub> plus	4 <sup>1</sup> / <sub>4</sub> plus

### A final thought

Recently a Warwickshire Dietitian was asked to see someone who worked in the catering industry to give advice to reduce his cholesterol levels. She was shocked to discover that he was unable to follow the advice given as the 2 meals a day provided by his employer were so poor in quality. Leftovers from customer meals were all that was available on most days. This was usually fatty foods. Fruit or vegetables were only available a couple of times a week.

**What do you offer your staff? We hope that its better than this.**

## WARWICKSHIRE HEARTBEAT CO-ORDINATION GROUP



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Eloise Davidson 02476 376462



**Warwick District Council**  
01926 450000



**Rugby Borough Council**  
Lesley Robson 01788 533852



**Stratford-on-Avon District Council**  
Nancy Singleton 01789 260803  
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**Medical Research Fund**  
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**South Warwickshire NHS**  
General Hospitals  
NHS Trust

