



RETIREMENT SOLUTIONS

INTRODUCTION

While many factors play into a fulfilling retirement – such as staying physically active, maintaining close relationships, and pursuing personal passions – a healthy diet is a foundation to good health and energy in our senior years.

As the largest and most experienced service provider in outsourced catering in Southern Africa, Fedics has a strong infrastructure and unmatched outsourced catering industry experience.

THE CHALLENGE

As we age our bodies have different nutritional requirements to when we are younger.

For example, people older than 50 may not be able to absorb enough vitamin B₁₂, while those over 70 need more calcium and vitamin D to help maintain bone health. A diet rich in fibre can help to prevent heart disease and Type 2 diabetes, while adequate potassium and reduced salt intake can reduce the risk of high blood pressure.

Medications can also affect the body's ability to absorb certain nutrients and this needs to be factored into a healthy diet to ensure that meals provide adequate nutritional support. Texture may need to be adjusted for patients in frail care who find it difficult to swallow and great-tasting food provided more frequently but in smaller quantities is important to stimulate poor appetites. All these considerations, and more, need to be considered when designing menus for senior citizens, as do different dietary requirements, and cultural and taste differences.

The retirement market is differentiated by various income groups – from high-income private-care facilities to government-assisted groups with limited income. Additionally, people are at varying levels of health and wellness, from fit and healthy retirees, looking for ease of lifestyle and independent living, to those living with health conditions that need monitoring and extra care.



OUR SOLUTION

Fedics draws its experience in the patient care (hospitals) and senior living sectors to actively apply best practices in nutrition and wellbeing.

Fedics' modular and customisable approach allows us to tailor our offering to the needs of your facility's environment, residents and budget. The care, comfort, safety and wellbeing of your senior residents remain our top priority. While all our food is prepared with passion and care, our team of professionally trained dietitians and chefs adapt our offerings to accommodate specific dietary requirements.

Our solutions can include anything from a three-meal-a-day dining service to daily meal delivery, fine dining, an à la carte restaurant, coffee shop and convenience store, as well as catering for special events. We accommodate all frail-care special dietary requirements.

THE BENEFITS

- ✓ Innovative, cost-effective solutions
- ✓ Highly trained staff with a special appreciation for working with mature adults
- ✓ A high quality, friendly service that reflects the ethos of the retirement village and frail care home and its residents
- ✓ Strong relationships and communication with senior residents and their families – holistic care and wellbeing are important to us
- ✓ A balance between good nutrition, religious preferences, and personal desires when working with our dietitians who develop meal plans
- ✓ A stringent hygiene, health, and safety service, monitored by internal and external systems
- ✓ Products and services that are environmentally friendly
- ✓ Innovative, digital online ordering, payment and delivery solutions

WHY TSEBO?

- As part of the Tsebo Solutions Group, Fedics Catering Solutions is a Level 1 B-BBEE company with a strong transformation ethos. We make it our business to partner with small enterprises in the communities we operate in and to help them to grow their businesses sustainably.
- Our procurement platform allows us to negotiate the most competitive rates in the market, providing our clients with the benefits of best-in-class pricing. We partner with our affiliated companies to provide cost-effective, single-source integrated facilities management solutions – from cleaning and hygiene to security and protection, and energy management solutions.
- Our expertise has been crafted to perfection over 50 years and we are known across industries for our reliability and unrivalled customer service.



Golden
Spoon

Nourishing Success



GET IN TOUCH

If you wish to integrate Tsebo with your current catering hub, we would be happy to engage further.



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a **TSEBO** solution