



**FEDICS**

**smartchoices**

**a TSEBC solution**

# Eat smart. Think smart. Play smart.

Our SmartChoices offering ensures that food provided to pupils in schools is nutritious and of high quality. It promotes good nutritional health in all pupils, protects those who are nutritionally vulnerable and it encourages good eating behaviour.

SmartChoices is one of two Fedics Class Tsebo solutions alongside Planet Savvy, our university offering that are centred around a food philosophy of 'Healthy Food, Healthy Kids and a Healthy Planet'.



# Nutritional challenge

The UNICEF South Africa Nutrition Brief published in 2020 states that combating malnutrition in all its forms is one of the greatest global development challenges. In Africa, 56.6 million children under the age of 5 are stunted (have a low height-for-age or are suffering from chronic under nutrition). In South Africa, this number stands at over 1.5 million children, meaning that almost 3 out of every 10 children in South Africa are already stunted. These children will likely not reach their full growth and developmental potential because of the irreversible physical and cognitive damage caused by persistent nutritional deprivations.

In contrast, 13% percent of children are overweight (weight-for-height greater than +2 SD from the reference median), which is a sign of overnutrition. The prevalence of overweight children is more than twice the global average of 6.1% (International Food Policy Research Institute 2016).

Obese children are especially vulnerable to the side-effects associated with obesity. They may develop adverse health risks and shortcomings because of their young age. Exposure to unhealthy lifestyles results in chronic conditions such as high blood pressure, diabetes and hyperlipidaemias earlier in life.

Several research studies have identified the relationship between nutrition and cognitive development. It supports claims that poor nutrition results in poor learning outcomes. Together with parents and educators, school food services play an extremely important role to ensure that our South African children are properly nourished to maintain an active and healthy lifestyle.



**With over 50 years of experience in educational catering,** Fedics Class has learned some valuable lessons that we build into every meal.

## Good food is good health

On average, a learner will eat 4000 school meals between playschool and Grade 12. As custodians of the future, it is our job to make sure that these meals taste good and provide the best nutrition.

Research has shown that early childhood nutritional education helps learners develop good eating habits and good health that stays with them throughout their adult lives. This in turn has a positive ripple effect on society's health at large.

## Lifetime eating habits starts early

## Good nutrition enables development

A young person's body and brain development are inexorably linked to the quality of nutrition they receive. Once this development has occurred it cannot be undone. With Fedics Class we do it right, the first time.

Schools that embrace and shape trends in education are well known and admired. Fedics Class understands the important role we play in 'branding' our client schools. SmartChoices is a nutritional and educational programme aimed at fuelling growing bodies and minds with healthy balanced meals.

## Progressive schools are respected



# SmartChoices solution

Nutrition at school is a critical part of providing balanced food options for children can encourage them to engage in healthy eating habits as they get older. Our SmartChoices food offering caters for learners in early, elementary and secondary years according to their age-specific needs and preferences.

Living in a boarding house is different from home. Bricks and mortar, communal rooms and dormitories, swimming pools and tennis courts do not make a home. The people residing there define it. Our team members pride themselves on being caring and inspirational. We place great value on building relationships with the children and on creating an environment that truly feels like a home away from home.



# Benefits and features

Our solutions deliver healthier food, healthier environments and a healthier return on investment.



## Better operations

We operate via a horizontal structure. This provides a higher level of flexibility, increased responsiveness and reduced overheads. Our operational managers interact directly with our clients to ensure service excellence. Fedics Class is the first catering company in South Africa to implement dedicated Ward Hostesses to manage the 'learner experience' and ensure that they are well cared for. Our profession, positive and responsive personnel excel at interacting with learners, building a care culture.



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## Better quality

We use only the freshest and highest quality ingredients. We customise meals to meet the particular needs of each of our learners and ensure variety through ongoing research and menu development. We offer simple, good-looking food across a wide variety of meals..





# Benefits and features

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## Better hygiene and food safety

We place emphasis on hygiene and food safety in our kitchens and undergo regular, independent food safety audits to ensure that our standards remain high and are constantly improved. We are ISO 22000:2018 compliant. This international standard is designed to ensure safe food supply chains and was developed by food industry experts, supported by our current hazard analysis and critical control points (HACCP) system and the recently revised good manufacturing practice (GMP) manual.





# Benefits and features

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## Better people

We continually develop our staff's skills through ongoing training. Our management staff receive training through GIBS, while our catering staff are trained through the Fedics Institute of Hospitality Studies (CATHSSETA accredited). Our three-stage menus are compiled by a regional dietitian. Hostess staff learn about special dietary requirements, learner care and service excellence. Our national crafts trainer provides training for chefs, cooks and food assistants to develop and hone skills such as knife use, cooking methods, presentation, plating, hygiene, recipe and menu planning, and food preparation.



# The unique selling point

Simple, hearty and filling food, cooked by a classically trained chef who combine haute cuisine techniques with regional traditions, ensures balanced nutritional meals using seasonal and local ingredients that are soulful and diverse. Our emphasis is on high quality that guarantees personality, hospitality, creativity, and reasonable prices.



# Corporate Social Investment

“Tsebo” is a Sesotho word that means knowledge thus we bring all our knowledge to communities in a way that is accessible and authentic. We’re committed to effecting real change and transformation in the South African community through our CSI Office. Tsebo CSI Office is staffed by highly trained professionals with the mandate to create economic opportunity in underprivileged communities. We nurture opportunity so that social investments make a real impact in transforming communities. The Tsebo CSI Office is our key vehicle for Enterprise and Supplier Development (ESD) as well as Socio-Economic Development (SED).

**Below is some of our flagship initiatives under Socio-Economic Development undertaken by Tsebo:**

- **Christel House Scholarship** is a bursary donation established for Christel House Grade 9 – 12 learners. Christel House School delivers a holistic model designed to transform the lives of impoverished children in Cape Town, South Africa. The school is registered as a non-profit organisation (NPO) thus we as Tsebo Foundation realized the need to provide bursaries for female learners at the school.
- **Tears Foundation** provides access to crisis intervention and counselling for those impacted by domestic violence, sexual assault and child sexual abuse. Confidential services are provided to all victims at no charge. We as Tsebo provide office space for the organisation to enable and ensure that this much needed service is available to the South African communities.

# The product

## SAMPLE DAILY MENU: BOARDING SCHOOL

Boarding learner are served three balanced meals a day; breakfast, lunch and dinner, as well as snacks.

Our menus are planned with the following consideration: nutritional balance, variety in taste, texture and colours, menu cycle rotation, cultural and dietary needs, and trends and innovation.

## Breakfast

### Cereal or hot cooked porridge of the day

Weet Bix or freshly cooked whole wheat soft porridge, served with milk and sugar

### Yoghurt and fresh fruit

Granadilla yoghurt or plain yoghurt

### Hot breakfast of the day

Poached eggs and beef or pork grillers

### Served with

Buttered toast, apricot jam and peanut butter

### Beverage

Coffee, tea or milk or apple juice or water

### Condiments

Tomato sauce, mustard and mayonnaise  
Salt and pepper



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## Lunch

### Hot meal of the day

Cottage pie

### Cold meal of the day

Carrots or a cold meat platter

### Served with

Low GI bread roll

### Side salad

Green salad

### Fruit of the day

Banana or guava

### Beverage

Water or juice

### Condiments

Tomato sauce and mustard



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## Dinner

### Spicy apricot chicken

Served with rice or mealie pap and mixed vegetables

OR

### Butternut and sweet potato curry

Served with a low GI bread roll

### Condiments

Tomato sauce, mustard and mayonnaise  
Salt and pepper

### Beverage

Coffee, tea or milo or strawberry juice or water



# The product

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## Snacks

### Morning

#### Snack

Egg mayo roll and fresh fruit

#### Beverage

Coffee, tea or water

### Evening

#### Snack

Popcorn and fresh fruit

#### Beverage

Water or milk



# The product

## TEEN LANE MENU: IN A BOWL

Our trendy tuck shop offering.

1

### **Carne asada**

BBQ beef strips, fried rice, sauteed beans, crisp lettuce, tomatoes and herbed feta

2

### **Veggie burrito**

Fried bell peppers, black beans, grilled corn, roasted cherry tomatoes and flavoured guacamole

3

### **Veggie bowl**

Sauteed red onions, roast seasonal vegetables, fresh basil, cherry tomatoes, brown rice and olive tapanade

4

### **American-style chilli**

Spicy savoury red kidney beans and corn chips topped with jalapenos, salsa and grated Cheddar

5

### **Chicken protein overload**

Grilled chicken breast, cinnamon sweet potato, fried kidney beans, lentil fried brown rice and boiled egg

6

### **Caramelized Pork Bowl**

Fried Pork Cubes, Basmati Rice, Cherry Tomatoes, Pickled Cucumber Fresh Red Chilli



# The product

## TEEN LANE MENU: BRAIN BOOST

Our trendy tuck shop offering.

1

### **Carne asada**

BBQ beef strips, fried rice, sauteed beans, crisp lettuce, tomatoes and herbed feta

2

### **Veggie burrito**

Fried bell peppers, black beans, grilled corn, roasted cherry tomatoes and flavoured guacamole

3

### **Veggie bowl**

Sauteed red onions, roast seasonal vegetables, fresh basil, cherry tomatoes, brown rice and olive tapanade

4

### **American-style chilli**

Spicy savoury red kidney beans and corn chips topped with jalapenos, salsa and grated Cheddar

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### **Chicken protein overload**

Grilled chicken breast, cinnamon sweet potato, fried kidney beans, lentil fried brown rice and boiled egg

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### **Caramelized Pork Bowl**

Fried Pork Cubes, Basmati Rice, Cherry Tomatoes, Pickled Cucumber Fresh Red Chilli

# The product

## TEEN LANE MENU: FAST AND EASY

Our trendy tuck shop offering.

1

### Double cheese pasta

Creamy rosemary and chicken with Fusilli, baked in Mozzarella and Cheddar, garnished with fried mushrooms

2

### Pulled pork to go

Sweet & sour slow roasted pork and a halved crisp Panini with sliced pickles and coleslaw

3

### Fast burger

Bacon, beef patty, cheese, gherkins and onion rings in a toasted burger bun

4

### Easy tramezzini

Honey & soy stir-fried vegetables stuffed in a toasted tramazzini with melted Mozzarella

5

### American basket

Balsamic chicken wings, jalapeno cheese rissoles, beef springrolls and french fries

6

### Vetkoek

Vetkoek filled with savoury mince and Cheddar served with chips and mango atchaar



# The product

## TEEN LANE MENU: GENERATION Z

Our trendy tuck shop offering.

1

### **Loaded french toast**

Classic french toasted filled with Mozzarella, tomatoes and ham with crisp onion rings

2

### **Loaded fries**

Sweet potato fries topped with cheese sauce and tender Teriyaki beef strips topped with crisp onion rings

3

### **Cobb salad**

Grilled chicken, cucumber, cherry tomatoes, bacon bits and boiled egg

4

### **Chicken alfredo gnocci**

Potato pasta in a creamy chicken, garlic and mushroom sauce topped with a toasted gremolata

5

### **Grilled chicken thighs**

BBQ grilled chicken thighs served with mustard mashed potatoes and basil tossed mixed vegetables

6

### **Regina pizza**

Thick crust pizza topped with Napolitano sauce, mushrooms, ham and Mozzarella cheese



# The product

## TEEN LANE MENU: FIT BIT

Our trendy tuck shop offering.

1

### **Peanut butter smoothie**

Banana, apple, plain yogurt, honey and fresh banana with roasted peanuts

2

### **Athletes bolognese**

Al dente spaghetti with lean mince bolognese sauce and grated Cheddar

3

### **All grilled bowl**

Grilled seasonal vegetables, thyme and rosemary grilled chicken breast with grilled butternut and mixed nuts with tomato relish

4

### **Roast vegetable salad**

Cherry tomatoes, mixed peppers, red onion, carrot and butternut roasted in rosemary garlic with sliced avocado



# The product

## Tuck shop solution

Jamii Café



Growing children, from early development to teenagers, go through several stages of transition that provide opportunities to influence future eating behaviours.

Since processed foods became popular in the 20th century, the tendency to consume ready-to-eat meals has drastically augmented. **While processed foods are convenient, they could also harm your health.** In fact, to include real food in your daily eating habits may be one of the most important things you can do to maintain good health, boost your energy and improve your quality of life.

## Health in the school environment:

Research studies reveal that making better nutritional choices can help you sidestep ailments or afflictions that plague people, including heart disease, fatigue, hypertension, insomnia, cancer, diabetes and many more. We need educational institutions that support the health of learners and staff, because this is where they spend most of their time.

## Good nutrition leads to:

- More productive learners and staff
- More focussed learners and staff
- Less absenteeism
- Reduced risk of lifestyle diseases
- Elevated mood, energy and self-esteem
- Reduced anxiety and stress
- Opportunities to spend time with friends

## The Jamii vibe:

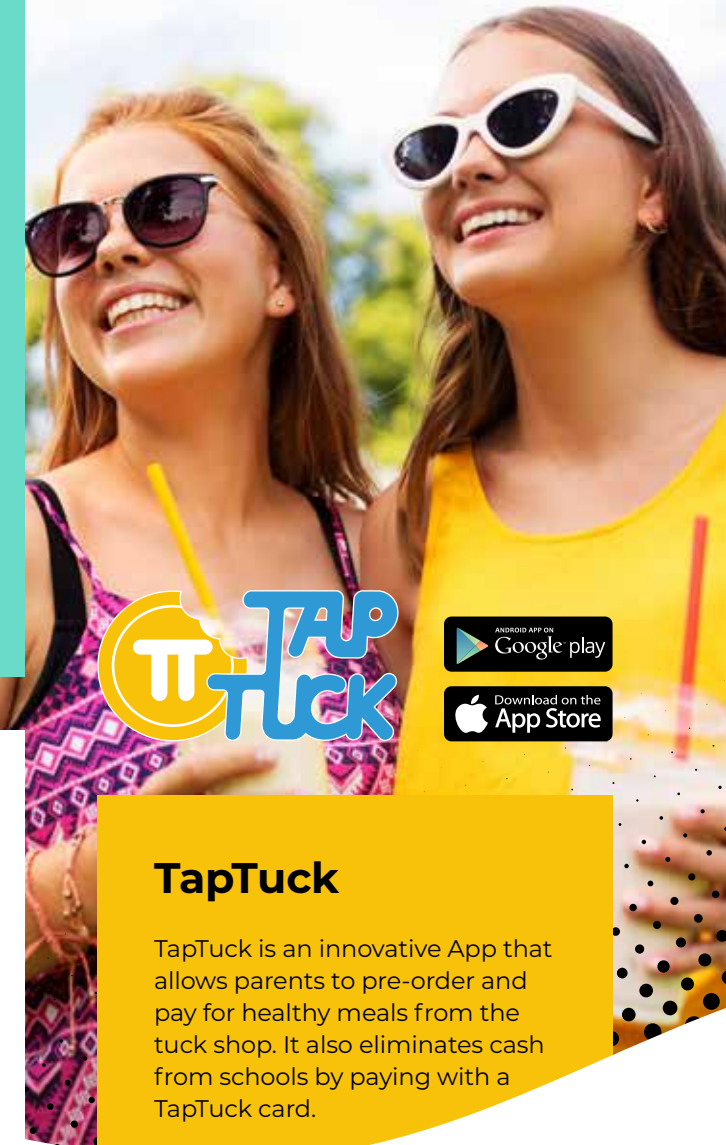
Jamii aims to fuel the youth with the right food, give them healthy choices and inspire them to consume it. It is key that the environment supports nutrition messages by making sure the food we provide is in line with the accepted guidelines for young adult's nutrition.

## Fact:

Improved nutrition has the potential to **positively influence learners' academic performance and behaviour.**

## TapTuck

TapTuck is an innovative App that allows parents to pre-order and pay for healthy meals from the tuck shop. It also eliminates cash from schools by paying with a TapTuck card.



# The product

## Experience elements

Electronic display screens, printed table talkers, branded packaging, wax paper, place mats and uniforms.





# The product

## Visual language

Hospitality, creativity and personality are infused in our visuals and our food offerings burst with flavour and colour, creating a vibrant, bright and colourful backdrop.





Contact Tsebo Catering Solutions

**Loyiso Jiyana**

Sales Director - Catering, Tsebo Catering Solutions

+27 60 998 0695 | [LJiyana@tsebo.com](mailto:LJiyana@tsebo.com)

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