

THE **ALC**^{He²}**MY** OF **F**^{O⁸}^{O⁸}**D**



TSEBO
50+
YEARS
FROM 1971 - 2023

ISSUE 13
JUNE 2023
www.tsebo.com

TSEBO

OUR PEOPLE

OUR PASSION, OUR COMPETITIVE EDGE

At Tsebo, we firmly believe that our people are the heart of our organisation, serving as the foundation of our purpose and the driving force behind our customers' success.

Throughout our journey, Tsebo has consistently emphasised equal opportunity employment, recognising that our growth is intricately linked to providing fair and inclusive opportunities for all. As a result, we have become one of Africa's most trusted employment providers, offering a range of starter jobs and a wealth of growth and training opportunities within the Group. To equip our employees with the necessary skills and knowledge to deliver exceptional services to our clients, we have established the Tsebo Learning and Development Academy, an in-house institution dedicated to enhancing our workforce's capabilities.

Recently, we had the privilege of speaking with Tershia Morcom, Chief Operations Officer, and Zogan Opperman, the Human Resources Director of Tsebo Catering Solutions, to gain insights into how our organisation leverages Learning and Development as a competitive advantage. Zogan shared that upon joining the company in 2020, he encountered a strategic initiative called Vision 25, which identified three crucial success factors from a people and culture perspective:

- i. HR and business transformation, focusing on critical areas such as BEEE, EE targets, diversity, equity, and inclusivity.
- ii. Implementing best practices, particularly by utilising Learning and Development as a key differentiator in the market.
- iii. Cultivating a high-performance service culture that permeates throughout the organisation.



SOUTH AFRICA
2023

CERTIFIED EXCELLENCE IN EMPLOYEE CONDITIONS

To fully leverage Learning and Development as a competitive advantage, Tsebo acknowledged the need for adjustments. This process commenced with a comprehensive review and refocusing of our training programs. Previously, our primary emphasis was on craft skills, complemented by the Management Development Programme 1, 2, and 3 for catering. However, we have now introduced the Siyakhana Development Programme, consisting of four modules instead of three. The word "Siyakhana" originates from Zulu and conveys the meaning of "growing and learning together." These courses, including barista, cook convenience, and professional cook, are all accredited by CATHSETA (Culture Art Tourism Hospitality Seta). This accreditation allows individuals to customise their learning experience to suit specific industries. Moreover, these courses have been designed to enhance essential soft skills like emotional intelligence (EQ) and leadership, which are paramount to individual and business success.

Tershia emphasised the significance of not only focusing on hard skills but also on developing soft skills and fostering effective interactions. Soft skills are essential elements for success, and Tsebo recognises the value of recruiting individuals with high EQ and strong communication abilities.

One of the challenges we encountered at Tsebo was the critical shortage of skilled individuals in the post-Covid business environment. In response, we forged partnerships with SETAs (Sector Education and Training Authorities) to establish a 12-month SETA-accredited professional cookery learnership program. This program is designed to empower unemployed individuals and people with disabilities, providing them with valuable skills and qualifications. By addressing recruitment and resourcing challenges, this initiative aligns with our broader transformation strategy, including our efforts to foster diversity, equity, and inclusion. Additionally, by creating over 20 job opportunities, Tsebo actively contributes to poverty alleviation and sustainability, aligning with our Environmental Social and Governance (ESG) goals.



TERSZIA MORCOM
Chief Operations Officer



ZOGAN OPPERMAN
Human Resources Director

Russell Jordan, MD Healthcare and Automotive, highlighted the significance of learning and development in understanding colleagues and fostering better communication within the executive team. Tsebo places great importance on leveraging strengths and facilitating effective communication and understanding. We have introduced practical tools like the "Journey to Greatness" passport, which is shared and utilised across all levels of the organisation to enhance customer service and establish a cohesive culture.

"Learning and development gives managers the skillset needed to deliver on the bigger organisation goals. Simply put, it enabled us to articulate our leadership intent to the greater team around how we intend to achieve the strategies and goals set out in Vision 26," says Russell Jordan, MD Healthcare and Automotive.

Tershia emphasises that our approach to learning and development is holistic, aiming to equip employees with not only technical skills but also fostering a behavioural shift that embeds learning and development into our organisational culture. We firmly believe that learning should be ingrained throughout the entire company.

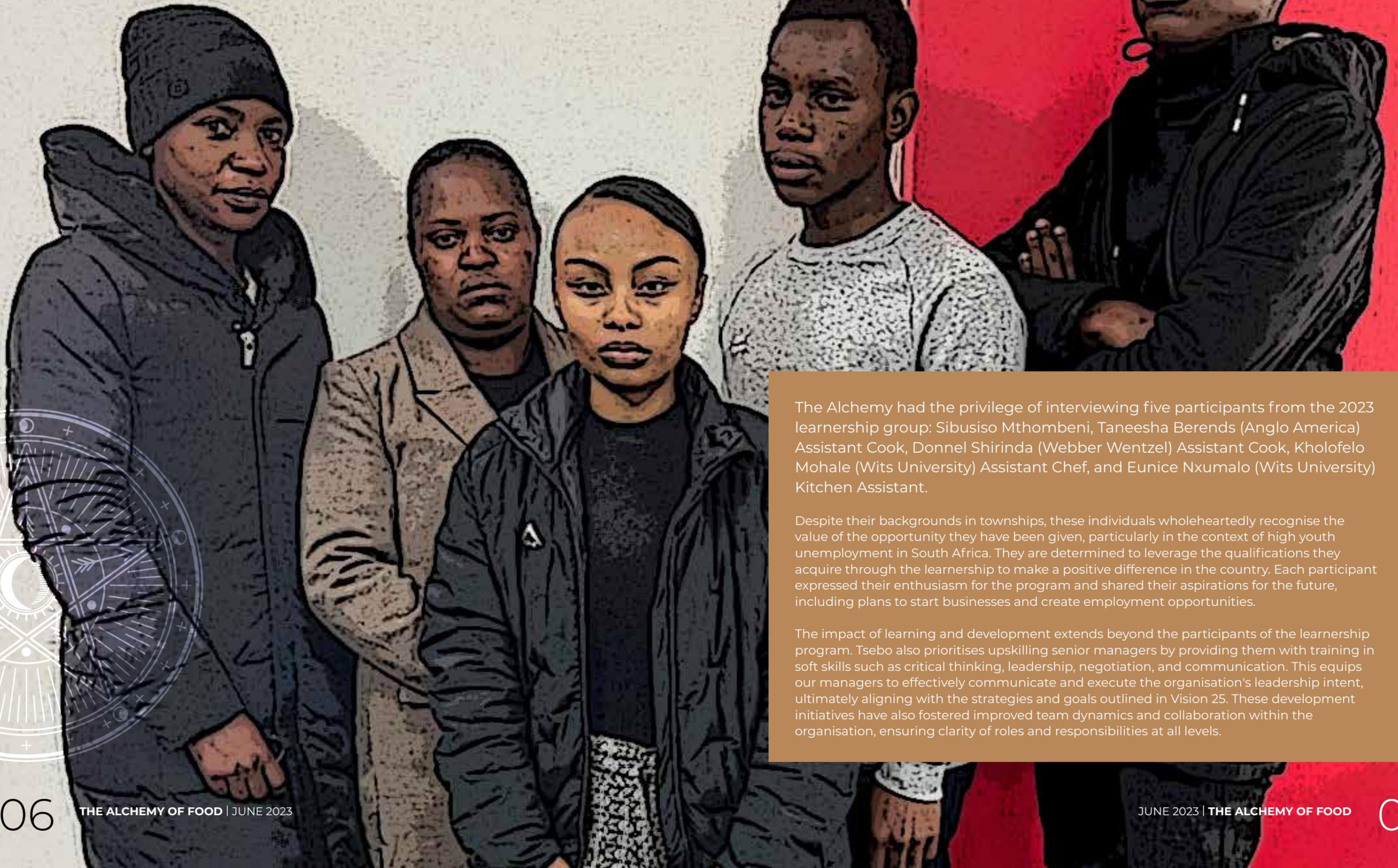
We understand that leading by example and actively promoting learning is far more effective than merely setting objectives and expecting employees to figure out the "how" on their own. By embracing this approach, we aim to develop our people and empower them to create new opportunities that contribute to job creation.

In conclusion, Zogan emphasises, "To build a sustainable business, we must ensure that we create our own future. Our vision entails not only striving for self-sustainability but also taking accountability for developing internal resources and promoting from within. It is crucial that we give birth to our own successes."



RUSSELL JORDAN
MD Healthcare and Automotive

The Alchemy had the privilege of interviewing five participants from the 2023 learnership group.



The Alchemy had the privilege of interviewing five participants from the 2023 learnership group: Sibusiso Mthombeni, Taneesha Berends (Anglo America) Assistant Cook, Donnel Shirinda (Webber Wentzel) Assistant Cook, Kholofelo Mohale (Wits University) Assistant Chef, and Eunice Nxumalo (Wits University) Kitchen Assistant.

Despite their backgrounds in townships, these individuals wholeheartedly recognise the value of the opportunity they have been given, particularly in the context of high youth unemployment in South Africa. They are determined to leverage the qualifications they acquire through the learnership to make a positive difference in the country. Each participant expressed their enthusiasm for the program and shared their aspirations for the future, including plans to start businesses and create employment opportunities.

The impact of learning and development extends beyond the participants of the learnership program. Tsebo also prioritises upskilling senior managers by providing them with training in soft skills such as critical thinking, leadership, negotiation, and communication. This equips our managers to effectively communicate and execute the organisation's leadership intent, ultimately aligning with the strategies and goals outlined in Vision 25. These development initiatives have also fostered improved team dynamics and collaboration within the organisation, ensuring clarity of roles and responsibilities at all levels.

CATERING TRENDS

Staying updated with catering trends is vital for the success of any catering company. By embracing new flavours and concepts, you can attract clients and expand your business.

Here are 13 must-know-key trends for 2023.

<https://www.foodstorm.com/blog/13-must-know-catering-trends>

Experiential catering

Create interactive stations where guests can engage in the cooking process, such as pasta or pizza stations.

Healthy options

Incorporate nutritious and vibrant dishes like poke bowls, superfood slaws, and plant-based soups.

Neo-Nordic cuisine

Offer Nordic-inspired dishes that focus on purity, seasonality, ethics, health, and sustainability.

Instagrammable items

Include visually appealing and unique elements in your catering menus to encourage social sharing.



Native ingredients

Incorporate local and native plants, herbs, and spices into your recipes to showcase regional flavors.



Root-to-stem eating

Minimise food waste by using the entire fruit or vegetable in creative recipes, like pickled watermelon rinds or carrot top pesto.



Vegetable-based cocktails

Utilise vegetables like beets, carrots, or green beans as key ingredients in cocktails, going beyond mere garnishes.

Chaga mushrooms

Introduce this superfood with immune-boosting benefits into your menu, offering mushroom-based canapés and tarts.



Tacos

Serve tacos as a versatile and beloved snack or main course, offering a range of fillings including vegetarian options.



Grazing tables

Set up diverse and colorful grazing tables with a variety of meats, cheeses, and dips for guests to enjoy.



Korean food

Include popular Korean dishes like kimchi, soft tofu stew, or Korean fried chicken to satisfy diverse palates.

Food walls

Create novelty by presenting classic comfort foods like doughnuts or pretzels on walls for interactive serving.



Brunch

Incorporate brunch into your offerings, combining it with signature drinks like bloody marys and mimosas for added appeal.



PREPARATION FOR THE 94.7 CYCLE RACE

Experience the richness, contrasts, colours and sounds of the City of Joburg by being a part of the prestigious Virgin Active 947 Ride Joburg. Be electrified and vitalised by soaking up the energy around you. Then let it translate to your legs to turn the pedals of your bicycle. Go fast or go slow. Ride for a Purpose greater than yourself. Or chase down a personal best. Join the Virgin Active 947 Ride Joburg journey that will ultimately lead to fitness, friendship, health and happiness. It is, after all, impossible to be sad while riding a bicycle. Celebrate life, cycling and our favourite city – the City of Johannesburg.

Some tips for a big race:

Before the race:

- 3-5 hours before: Quick, easily digestible meal, that is low in fat, moderate protein and high in unrefined carbohydrate e.g. pasta with tomato sauce, or smoothie (this will provide energy to start the race with)
- 2 hours before: 250-750ml water
- 10-20 min before: approx 125-250ml water
- No alcohol or caffeine

During the race:

- 100 – 200 ml liquid every 10-20 minutes, preferably a 6% carbohydrate & electrolyte solution like a sports drink (this will replenish blood glucose during the race and provide the muscles with quick energy). Don't rely on thirst to indicate hydration levels.

After the race:

- 50g of carbohydrate within 15-30 minutes after the race, preferably high GI (glyceamic index) and with a protein e.g. 2 thick slices white bread with 20ml jam or 50g jelly beans. This will help replenish the glycogen stores in the muscles and help with recovery after the race.

Quick way to determine water losses during the race, which needs to be replenished:

- Change in body weight from before the race compared to after the race in kilogram x 1000 = how many ml of water needs to be replenished after the race



ANNELIZE ZEELIE

Tsebo Catering Divisional Dietitian

Classic Spaghetti Bolognese

Ingredients

- 300 g Mince meat
- 1 Medium onion
- 1 tin Tomatoes
- 1 Pepper
- 1 Tbsp Tomato puree
- 1 Beef stock cube
- 300 g Spaghetti

Method

1. Brown minced meat in a pan with oil.
2. Add onion, pepper, and cook until softened.
3. Stir in tomato puree and cook briefly.
4. Sprinkle crushed beef stock cube and add tin of tomatoes.
5. Simmer sauce for 20 minutes, stirring occasionally.
6. Cook spaghetti, drain, and serve with Bolognese sauce.

CREAMY

Pumpkin
SOUP

Ingredients

1	Small butternut
6	Garlic cloves
5 sprigs	Thyme, removed from the stem
3 Tbsp	Extra virgin olive oil
1 L	Vegetable stock
1	Onion, diced
TT	Salt and pepper
TT	Parsley, chopped
TT	Toasted pumpkin seeds

Method

1. Preheat oven to 180°C.
2. Chop pumpkin into medium sized pieces, place in an oven tray with the garlic (still in their peels). Add thyme, season with salt and pepper and drizzle over 2 tablespoons of oil. Place in the oven to cook.
3. Dice onion into cubes and sauté in a pot with the remaining oil
4. Once onion has become translucent, pour in vegetable stock, season with salt and pepper. Place lid on and simmer on a low heat.
5. Once the vegetables in the oven have softened and cooked, (approximately 30 minutes) remove the garlic and keep on the side, add remaining ingredients to the stock pot and cook together for 5 minutes.
6. Let the pot cool slightly before adding the soup to a blender (refer important tips)
7. Peel garlic cloves and add to the blender.
8. Blend until a smooth creamy consistency is achieved.
9. Once everything is pureed add cream and return on to the stove for 5 minutes on low heat until the cream has blended well into the soup.

CLEAR

Chicken
SOUP

Ingredients

1 Tbsp	Olive oil
2 cups	Onion, diced
½ tsp	Fine sea salt
3 cloves	Garlic, minced
1 ½ Tbsp	Minced fresh ginger
1 cup	Celery, diced
1 cup	Carrot, diced
4 cups	Unsalted chicken stock
1 bunch	Parsley, chopped
250 g	Cooked skinless chicken breast, diced or shredded

Method

1. Add olive oil to soup pot and turn heat to medium. Add onion and season with salt. Sweat over medium heat for 5 minutes or until soft and translucent.
2. Add garlic and ginger and sweat for 30 seconds. Add carrots and celery (or other diced vegetables) and cook for another 5 minutes to soften. Meanwhile tie parsley stems with kitchen twine.
3. Add stock and parsley stems. Bring to a boil, reduce to a simmer for 5 minutes and add cooked chicken. Continue to cook on low simmer until chicken is warmed through, another 3-5 minutes (if you add a lot of vegetables, you may have to add more water, broth, or stock.)
4. Add chopped parsley (or other chopped greens if using) and check seasoning before serving.

Minstone

SOUP

Ingredients

- 2 medium** Carrots, diced
- 1 medium** Yellow onion, chopped
- 1 Tbsp** Olive oil
- 3 cloves** Garlic, minced
- 6 cups** Low-sodium vegetable broth
- 2 ½ cups** Butternut squash, diced
- 1 medium** Zucchini, cut cubes
- 1 can** Tomatoes, diced
- 2 ½ tsp** Fresh rosemary, minced
- 2 ½ tsp** Fresh thyme, mince
- ⅓ cup** Dry whole wheat pasta
- 2 cups** Kale, chopped
- 1 can** Kidney beans, drained and rinsed
- TT** Salt and pepper
- TT** Parmesan cheese for topping

Method

- 1.** Heat olive oil in a large pot over medium-high heat. Add onions and carrots and sauté 3 minutes, then add garlic and sauté 1 minute longer.
- 2.** Stir in vegetable broth, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste. Bring to a boil then stir in pasta, if using.
- 3.** Cover, reduce heat to medium-low and simmer about 15 minutes until the vegetables are nearly tender.
- 4.** Stir in kale and kidney beans and cook about 5 minutes, until kale is tender.
- 5.** Serve warm, topped with Parmesan cheese.



Leek AND Potato SOUP

Ingredients

30 g	Butter
45 ml	Oil
600 g	Leeks, trimmed and sliced
3 medium	Potatoes peeled and chopped
1 ½ L	Vegetable or chicken stock
150 ml	Single cream

Method

1. Melt a knob of butter in a large pan with a little oil, add all the leek except a handful and stir.
2. Cook gently until the leek is very soft, this will take about 10 minutes. Add the potatoes, season well then add the stock and bring to a simmer and cook until the potato is soft. Whizz everything with a blender until smooth.
3. Add the cream and season again if it needs it. If the soup is very thick, let it down with a little water, stock, or milk. Keep warm.

Bacon AND CHOWDER corn

Ingredients

3 rashers	Streaky bacon, chopped.
2 Tbsp	Oil
1 small	Onion, finely chopped.
1 large	Potato, peeled and cubed
350 ml	Chicken or vegetable stock
400 ml	Milk
200 g	Sweetcorn
2 Tbsp	Chives
TT	Salt and pepper

Method

1. Fry the bacon in a little oil in a pan – as soon as it starts to color, add the onion and potato, and cook until the onion starts to soften. Add the stock and milk and bring to a simmer.
2. Cook for 5 minutes or until the potato is tender, then add the sweetcorn and heat through. Season and stir in the chives to serve.



BROWN

Lentil
SOUP

Ingredients

3 Tbsp	Olive oil
1 large	Red onion, diced
4 stalks	Celery, diced
1 large	Carrot, diced
5 cloves	Garlic, minced
2	Tomatoes, chopped
1 cup	Dried brown lentils
1 Tbsp	Garam masala
4 cups	Vegetable broth
2-3 sprigs	Thyme
1 cup	Kale, roughly chopped
TT	Salt and pepper
2	Limes, juiced

Method

1. In a large, deep pot over medium high heat, add half the olive oil (1½ tablespoons) to heat.
2. Add the onions, celery, carrot, and minced garlic. Stir together and allow to sweat for about 8 minutes, to soften and release natural juices from the veggies.
3. Add in the tomatoes, brown lentils, garam masala and salt and pepper. Stir together. Pour in the vegetable broth and add the thyme and stir again.
4. Bring to a boil, and then to a simmer for 30 minutes, until lentils are fully cooked.
5. Remove the thyme. Scoop out two cups of soup (with liquid) and pour into your blender.
6. Press the soup setting or blend until fully blended out. Pour back into soup pot and mix the soup together one more time to combine everything.
7. Add in kale and lime juice and stir to combine.

Chicken AND Mushroom SOUP

Ingredients

2 kg	Cremini mushrooms
3 Tbsp	Olive oil
4 cloves	Garlic, minced and divided
8 sprigs	Fresh thyme, divided
3 Tbsp	Unsalted butter
1 large	Sweet onion, diced
¼ cup	All-purpose flour
⅓ cup	Dry white wine*
5 cups	Chicken stock
2	Bay leaves
⅓ cup	Heavy cream
TT	Salt and pepper

Method

1. Preheat oven to 180 degrees C. Line a baking sheet with greaseproof paper.
2. Place mushrooms in a single layer onto the prepared baking sheet. Add olive oil, half of the garlic and 4 sprigs thyme: season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 20-30 minutes, or until browned and tender, stirring once. Let cool before coarsely chopping; set aside.
4. Melt butter in a large stockpot on medium heat. Add onion, and cook, stirring constantly, until golden and caramelised, about 10-15 minutes. Stir in remaining garlic until fragrant, about 1 minute.
5. Whisk in flour until lightly browned, about 1 minute. Stir in wine, scraping any browned bits from the bottom of the pot.
6. Stir in chicken stock, bay leaves and remaining thyme, season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until slightly reduced, about 15 minutes.
7. Stir in mushrooms; simmer until thickened, about 10-15 additional minutes. Remove from heat; stir in heavy cream.

Living Lifestyle

NUTRITION FOCUS

We cannot avoid the natural consequences of ageing, but embracing a healthy lifestyle does a lot to help us enjoy our senior years.

Older adults have unique nutritional needs and challenges, and this often demands changing lifelong eating habits. While overweight can be an issue for some seniors, malnourishment is much more common and the causes of this are variable. The diminishment of senses, such as smell and taste can lead to a disinterest in food. Living alone; preparing most of your meals just for one and eating all by oneself can similarly lead to a lack of concern about nutrition that the elderly cannot afford. Chronic health issues associated with ageing can lead to a poor appetite or an avoidance of eating.

In general, seniors do need fewer calories, but more nutrients. The body's ability to efficiently absorb vitamins and minerals declines, and therefore nutrient-rich meals become even more important. Ageing healthily requires greater intake of calcium, magnesium and folate, as well as of Vitamins B12, D, E and K. These needs can be met with a varied diet of healthy foods. However, good nutrition exists in the context of a healthy lifestyle. Interestingly, meals that promote social interactions for older adults in a variety of settings are associated with improved food and nutrient intake or nutritional status.

While a healthy old age demands this kind of focus on nutrition and, the adoption of different eating habits, diet alone cannot make people live well for longer. A varied diet made up of good quality protein, lots of fresh vegetables and fruits, beans and legumes, whole-wheat breads and brown rice, healthy fats such as olive oil is vital. However, seniors need to embrace other healthy living habits as well.

One may have special dietary requirements as a result of health problems and in some instances one's diet may be regarded as part of the medical treatment. A special diet, also called a therapeutic diet will include a balanced selection of foods, taking into account your specific dietary needs. This diet will provide the correct amount of energy and other nutrients according to what the doctor and dietitian ordered and will be prepared with the utmost care.

During the month of May, various nutrition related talks were conducted by Tsebo's Divisional Dietitian, Annelize Zeelie to stress the importance of good nutrition as part of the healthy aging process.

smartchoices

TUCK SHOPS, A WEIGHTY ISSUE

The food served at school tuck shops has become a contentious issue, as they are quite literally feeding into the bad health of our children.

With childhood obesity on the rise – around one-fifth of South African children are either overweight or obese - it begs the question: Should schools become more responsible regarding their tuck shop menus or must the weighty subject of healthy eating remain the parents' burden and their burden alone?

The problem is that no matter how informed children may be or how healthy their lunch boxes are, kids will be kids and when it comes to sweets, crisps and all things unhealthy the evil tuck shop beckons. Have a little heart-to-heart with your child and you'll most likely discover that a) she sneaks her pocket money to school to purchase forbidden food; b) she and her friends pool money together to purchase forbidden food; c) she uses her 'toasted cheese and tomato sarmie' money to purchase forbidden food; or d) all of the above.

EDICS

The bottom line is that schools should become more accountable for what's being sold at their tuck shops and unfortunately this is yet to happen since the bad foods sold there are what attract our little bees to the honeypot, armed with cash, which translates to tuck shop profits.

In fact, in order to get the kids in and out of the queue as quickly as possible, the majority of school tuck shops have become much like convenient fast-food outlets, where quick, easy-to-prepare bad foods are the only options on the menu and sweet treats will have them coming back for more.

When it comes to the tuck shop, schools seem to have forgotten that it is their job to educate our children to become well-adjusted, informed, healthy (of body and mind) adults, who are able to make decisions which will positively enhance their lifestyles. Yet, obesity is out of control and diseases related to bad eating are as common as a head cold.

The scary nutritional facts are not going away anytime soon - eating badly can put children at risk of childhood obesity, malnutrition, eating disorders, iron deficiency anaemia, tooth decay and general illnesses from a depleted immunity; establishing poor eating habits in childhood can lead to adult lifestyle illnesses such as heart disease, diabetes and various cancers; and research is showing that poor nutrition leads to poor learning outcomes as there is a link between diet and cognitive development. If truth be told, these facts have become even more prevalent because of our fast-paced lifestyles which include a noticeable increase in fast-food outlets.

Schools can become more responsible by setting guidelines for what to be sold in tuck shops. This can be done by consultation with a registered dietitian to look at healthier options or looking at an existing program like SmartChoices to implement. SmartChoices doesn't only include a healthy menu for tuck shops and boarding schools, but also nutrition education aimed at children.



A REMARKABLE DINING EXPERIENCE: NALEDI CLINIX WELLNESS PATIENTS INDULGE IN A SPECIAL LUNCH

In a remarkable display of care and attention, Naledi Clinix treated their wellness patients to an extraordinary lunch. Every aspect of the event, from the meticulously crafted food to the serene ambiance, was designed with utmost precision and dedication. The result was an exceptional dining experience that left a lasting impression on the patients, leaving them feeling nourished and rejuvenated.

As they continue to pave the way forward, it is evident that Team Clinix Fedics is redefining the Healthwise segment and revolutionising the role of food in healthcare. Placing food at the forefront of the health and wellness journey.



MERCEDES-BENZ EAST LONDON PLANT HOSTS A SUCCESSFUL RE-LAUNCH OF FUNCTIONS MENU

The East London region witnessed an exciting event on May 24th, 2023, as the Fedics team orchestrated a highly successful re-launch of the Functions menu pack at Mercedes-Benz East London Plant. Function organisers were left impressed and enthralled by the entire setup and the introduction of new and enticing food offerings.

The re-launch event was a testament to the Fedics team's dedication and meticulous planning. From the moment guests arrived, they were greeted with a captivating ambiance that set the stage for an unforgettable experience. The attention to detail was evident in every aspect, from the elegant decor to the innovative presentation of the new food options.

Function organisers were particularly impressed by the revamped menu offerings. The carefully curated selection showcased a fusion of flavours, incorporating both classic favourites and exciting new creations. From delectable appetisers to mouth-watering main courses and indulgent desserts, the menu catered to a variety of tastes and dietary preferences, ensuring that every guest was treated to a memorable culinary journey.

The event provided an ideal platform for function organisers to explore the updated menu and engage in meaningful discussions with the Fedics team. The feedback received was overwhelmingly positive, with organisers expressing their appreciation for the innovative concepts, quality of ingredients, and impeccable execution.

The successful re-launch of the Functions menu at Mercedes-Benz East London Plant reflects the continuous commitment of the Fedics team to providing exceptional dining experiences. By revitalising their offerings and introducing new and enticing options, they have set a new standard in the realm of functions and events. The event served as a catalyst for future collaborations, sparking excitement and anticipation for upcoming gatherings.

As the Fedics team continues to redefine the culinary landscape, their dedication to excellence and passion for creating unforgettable moments shines through. The re-launch event at Mercedes-Benz East London Plant was a resounding success, leaving function organisers eager to embrace the new era of exceptional food and service.

With their remarkable achievements, the Fedics team has firmly established themselves as pioneers in the industry, continuously pushing boundaries and reimagining the possibilities of culinary experiences. The re-launch of the Functions menu in the East London region marks another milestone in their journey, solidifying their reputation as trailblazers in the art of event catering.

As the excitement and buzz surrounding the re-launch event subsides, one thing is certain - the Fedics team's commitment to excellence and their unwavering passion for delivering exceptional dining experiences will continue to shape the future of functions and events in the East London region and beyond.



A CULINARY DELIGHT UNVEILED: EAST LONDON RESTAURANTS RE-LAUNCH WITH A VARIETY OF EXQUISITE OFFERINGS

On May 25th, 2023, the East London region witnessed yet another exciting culinary transformation as several restaurants unveiled their reimagined offerings to the esteemed customers and representatives of MBSA, including line workers management. The event showcased a diverse range of meal stations, each offering a unique and tantalising dining experience.



The Ikasi meal station welcomed guests with its vibrant and flavoursome dishes, capturing the essence of local cuisine with a modern twist. From hearty stews to grilled delicacies, the menu celebrated the rich culinary heritage of the region, delighting taste buds and invoking a sense of nostalgia.



At the Beets and Seeds meal station, guests were treated to an array of wholesome and nutritious options. The menu featured vibrant salads, grain bowls, and plant-based creations, showcasing the growing demand for healthier dining choices. This station emphasised the use of fresh, locally sourced ingredients, providing a guilt-free indulgence for health-conscious diners.



Curry enthusiasts found their haven at the Curry Den meal station, where a medley of aromatic spices and exotic flavours transported guests to a culinary adventure. From curries to fragrant biryanis and rotis, the menu offered a tantalising array of options that satisfied even the most discerning palates.



Finally, the Simply Pure meal station elevated dining to a new level of sophistication. The menu featured exquisite dishes that combined intricate flavours and innovative techniques, promising an unforgettable gastronomic experience.



The Bowl n Fork meal station celebrated the art of comfort food, offering a selection of hearty meals that warmed both the body and soul. From succulent prawns to homestyle favourites, guests indulged in familiar flavours and wholesome goodness.



The re-launch of these restaurants not only brought a fresh wave of culinary delights to the East London region but also provided an opportunity for guests to engage with the talented chefs behind the scenes. The event fostered a sense of community and appreciation for the art of cooking, as guests interacted with the chefs, learning about their inspirations and techniques.

Led by a team of talented chefs, including from left to right:- Rohaan Jordaan, Zolani Radebe, Oliver Reddy, Abednico Mahlou, and Qhawe Tshabalala, the event showcased the culinary prowess and creativity of the chefs.



THE FIRST WINNERS OF THE BE REAL CAMPAIGN

We are thrilled to announce the inaugural winners of the Be Real Campaign, which was launched in March under the guidance of Healthwise National Front of House Manager, Chrize Prinsloo. Amongst the outstanding participants, the team at Life St Mary's demonstrated unparalleled consistency in upholding uniform standards, and their efforts did not go unnoticed.

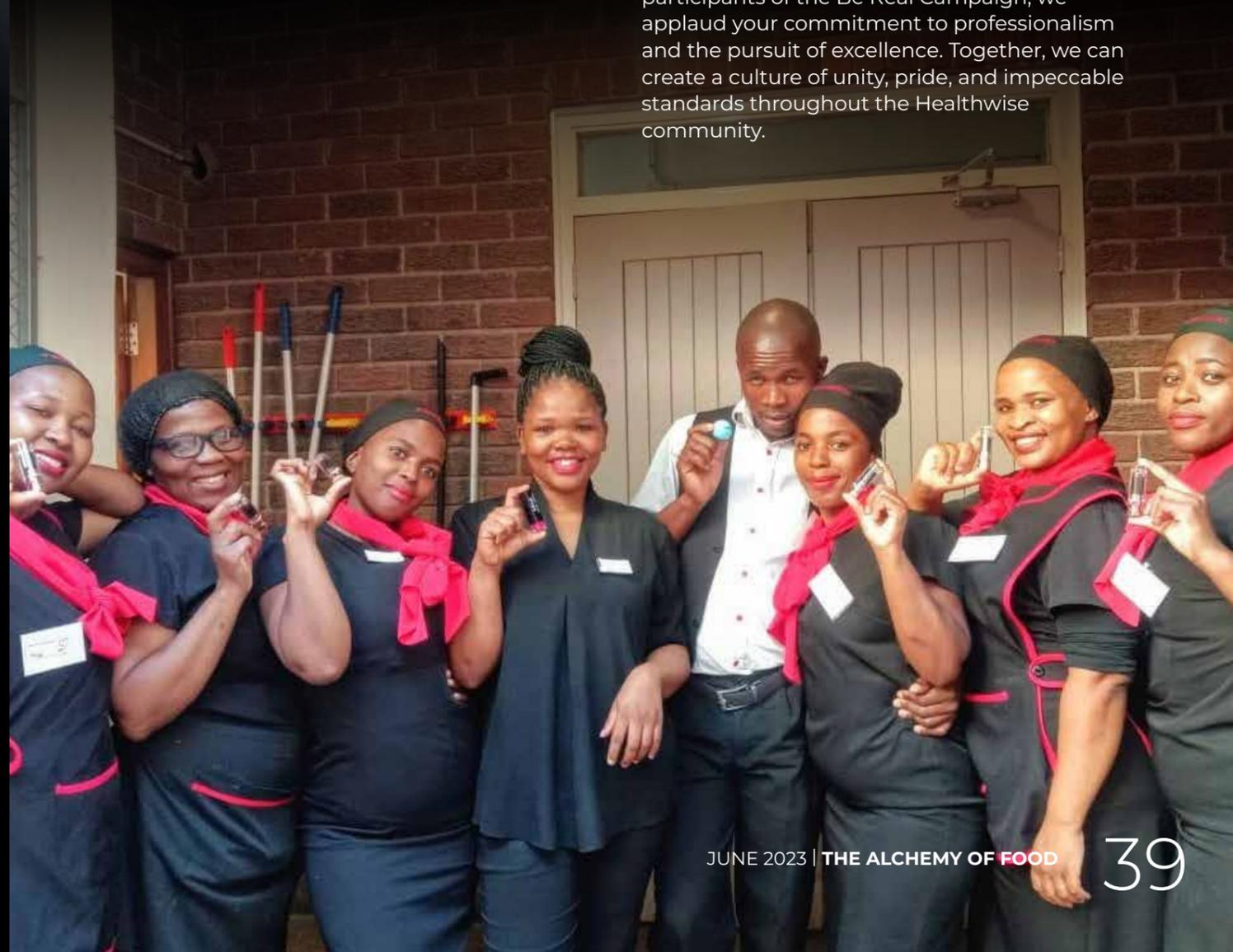
The Be Real Campaign sets specific criteria by which Healthwise teams are evaluated. These criteria include active participation, wearing name badges, donning black hats, maintaining a complete uniform, minimal makeup, and ensuring uniformity across all staff members. The Life St Mary's team excelled in meeting these standards, showcasing their commitment to professionalism and a unified appearance.

In recognition of their dedication, the team was rewarded with lipstick and lip ice, allowing them to enhance their already impressive appearance. The Be Real Campaign celebrates not only the adherence to uniform standards but also the team's continuous efforts to raise the bar and maintain the highest possible standards.

As we move forward, we eagerly anticipate witnessing the collective efforts of all teams involved, as they strive to uphold and surpass the exemplary standards set by the campaign. The Be Real Campaign encourages teams to consistently display their professionalism and unity, fostering an environment of excellence and creating a positive impact on both staff and guests.

We look forward to witnessing the ongoing progress of the Be Real Campaign and eagerly await the announcement of the next winners. As teams across the organisation continue to embrace the campaign's principles, we are confident that the pursuit of excellence will remain at the forefront, resulting in a unified and distinguished appearance across Healthwise establishments.

Congratulations to the Life St Mary's team on their well-deserved victory, and to all participants of the Be Real Campaign, we applaud your commitment to professionalism and the pursuit of excellence. Together, we can create a culture of unity, pride, and impeccable standards throughout the Healthwise community.





REVAMPING CATERING CONTRACTS WITH EXCELLENCE

Relaunching a catering contract can be a challenging but rewarding experience. It involves renegotiating the terms and conditions of the service agreement, updating the menu and pricing, and ensuring the quality and safety of the food and beverages. With the relaunch of a catering contract also comes the opportunity to attract new customers and retain existing ones by offering fresh and innovative options, improving customer satisfaction and loyalty, and enhancing revenue and profitability through cost optimisation and efficiency.

We are thrilled to announce that The Foschini Group (TFG), one of our esteemed flagship clients in the Western Cape region, has recently extended our contract for another three years. Since 2018, TFG has been an integral part of the TsA family. TFG showcases a vibrant management team led by Elizma in Cape Town, Monica in Johannesburg, and Nontobeko in Durban. Despite the challenges faced over the years, the teams now feel right at home.

The dedication and passion of the TFG teams are beyond words. With a blend of anticipation, excitement, and hard work, they have consistently exceeded all client expectations. Chefs, we are immensely proud to have you on our side.

As we embark on this exciting journey, we strive for professionalism and excellence throughout the relaunch process. By doing so, we not only aim to enhance our reputation and brand image but also ensure that TFG receives nothing short of exceptional service. Together, we look forward to surpassing all expectations and creating memorable experiences for TFG and its valued customers.





TSEBO ROADSHOW – SOUTHGATE BUSINESS PARK

On April 19, 2023, Tsebo embarked on an exciting roadshow at the Southgate Business Park in the southern region of Durban, KwaZulu-Natal. This vibrant business park, which houses over 300 corporate tenants within a secure complex, is home to a diverse range of businesses including manufacturing, logistics, creative industries, storage, and offices. Tsebo Catering had the honour of providing breakfast and lunch for the event, featuring live cooking demonstrations by our talented chefs. The goal was to inspire, educate, and tantalise the taste buds of potential clients, showcasing the breadth and excellence of Tsebo's integrated workplace solutions. The roadshow was a resounding success, introducing our brand to individuals who may not have previously been aware of the exceptional services we offer.

TSEBO ROADSHOW – ISANDO

Tsebo Solutions Group recently concluded our exciting event in Isando, where the focus was on finding effective solutions for energy supply challenges and load shedding. With our extensive experience spanning over 50 years, we understand the difficulties and uncertainties faced by businesses in relation to energy supply. As part of our 2023 roadshow activation, we brought our expertise to Isando on 14th April 2023, engaging with attendees to share and discuss our comprehensive range of services. If you're seeking reliable integrated workplace solutions that benefits your company, Tsebo Solutions Group is here to assist you. Say goodbye to erratic energy supply and put the power back in your hands with Tsebo Solutions Group.

Our integrated solutions include:

-  **Energy Consulting:** Experienced Energy Engineers review your energy requirements and design a solution fit for purpose.
-  **Energy Project Management:** Experienced Engineers ensure your ideal installation is installed professionally, delivering the expected results.
-  **On-going Energy Maintenance:** Professional maintenance teams directed by qualified Engineers provide excellent aftercare.
-  **Energy Consumption Intelligence:** Our cost-effective suite of real-time reports provide insights on consumption, installation effectiveness and auditable reporting on environmental impacts.
-  **Our specialist services include Catering, Beverages, Security, Engineering, and Workspace Design.**



INTRODUCING TOP VENDING: YOUR TRUSTED COFFEE VENDING SOLUTION PROVIDER

At Top Vending, we understand the importance of having a reliable partner to provide the best coffee vending and bean-to-cup solutions for our clients. That's why we are proud to be one of Tsebo Solutions Group's trusted product-independent equipment partners. We have been offering high-end coffee vending and bean-to-cup solutions to Tsebo sites for several years.

We offer an extensive range of solutions that cater to the requirements of all environments, from small to large enterprises. No matter the application, there is a solution for every need. As a product-independent supplier, Top Vending provides Tsebo with complete control over what beans to put through the machines. This means that Tsebo can change up the beans regularly, keeping the drinkers' fatigue at bay.

What's more, Top Vending's rental option offers exceptional customer service on all rental contracts, ensuring that maintenance and technical faults are attended to in a timely manner. As a result, Tsebo has complete peace of mind knowing that their coffee vending and bean-to-cup machines are always in top condition, and clients can enjoy quality coffee throughout the day.

We are proud to be a supplier to Tsebo Solutions Group and are always ready to assist in any way we can. Whether you're a small business or a large enterprise, Top Vending has a solution that will fit your unique needs.

For more information, contact sales@topvending.co.za or call our centralised call centre on 011 699 7800.

With Top Vending, you can be confident that you are getting the best coffee machine solutions for your business. Try us out today and taste the difference!