



5 THINGS YOU NEED TO KNOW THIS MONTH

JANUARY
2024

NEW YEAR'S MESSAGE

2023 ON A PLATE

FROM INTERN TO CFO

A TEXAN JOURNEY

RECIPE OF THE MONTH

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NEW YEAR'S MESSAGE

UPDATE FROM THE CREWING DEPARTMENT

We have had the pleasure of working with many clients and catering crew of diverse nationalities this year. We collaborated with several clients on health campaigns and were invited to crew conferences to give presentations on our way of working, health and safety, and nutritional awareness. We are happy to continue our partnership this year with you in person or contribute to virtual presentations.

As we step into 2024, we have a range of exciting projects and initiatives lined up. We are almost ready for the launch of our own crewing system. Developed with our market expertise, this system presents a solution for an all-round crewing system, including but not limited to documentation checks, planning/scheduling, payroll, and invoicing. The innovative tool will enhance a detailed overview linked to our current systems (ICI/IVI). This is a significant step forward for an all-in solution for all your crew, whether catering or technical. If you would like to know more, please reach out to Kimberly@ifs.be.

We initiated the Chief Cook of the Year Competition to celebrate our exceptional crew and professionalism in the industry. The live competition will take place in Manila on the 12th of December this year, so please save the dates in your calendar! On this note, we encourage all chief cooks who have not done this yet to join the cooks club and apply to the star system so you can join as well next year.

2024 for the crewing department will be an exciting year. We look forward to the challenges ahead, including providing support for more projects in remote areas. We extend an open invitation to our clients needing extra support in screening/interviewing, crew planning, crew conferences/presentations, and training of the catering crew to reach out to kimberly@ifs.be.

KIMBERLY EBELING
HUMAN RESOURCE
MANAGER





MILLIE CHIN

TEAM LEADER

MERCHANT FLEET

Upon reflection, 2023 was as rewarding for me as it was challenging on many fronts. The biggest highlight was the growth we experienced. We are looking forward to serving our markets even better in 2024, as customer satisfaction surveys also indicate an overall improvement. With the benefit of hindsight, we attribute the success to consistency, authenticity, and transparency as a brand.

Looking ahead, we aim to continue building our capacity as a team for enhanced delivery in line with the overall strategic vision of the company. We also have in the pipeline plans to collaborate with various key players in the industry to maximize our product offering. Building strong relationships with our clients and stakeholders remains a top priority and core to the success of the business.

We are optimistic about the year and look forward to a fruitful year.

We are particularly excited about the different remote projects we are undertaking. As challenging as they may seem, due to our expertise developed over the past few years, we can meet the needs of our clients.

In the coming year, our goals are to enhance operational efficiency and maintain a standard of excellence with clients and crews. We also look forward to strengthening collaboration with our network of suppliers and evaluating them based on feedback from vessels. 2024 looks promising, with our current customer portfolio and more clients coming on board.

Exciting initiatives that will drive our department's progress include team-building activities and skill-development programs. We will conduct a team week in Belgium to plan for the year ahead and to strengthen team harmony and cohesion. I believe this will propel us towards achieving our strategic objectives.

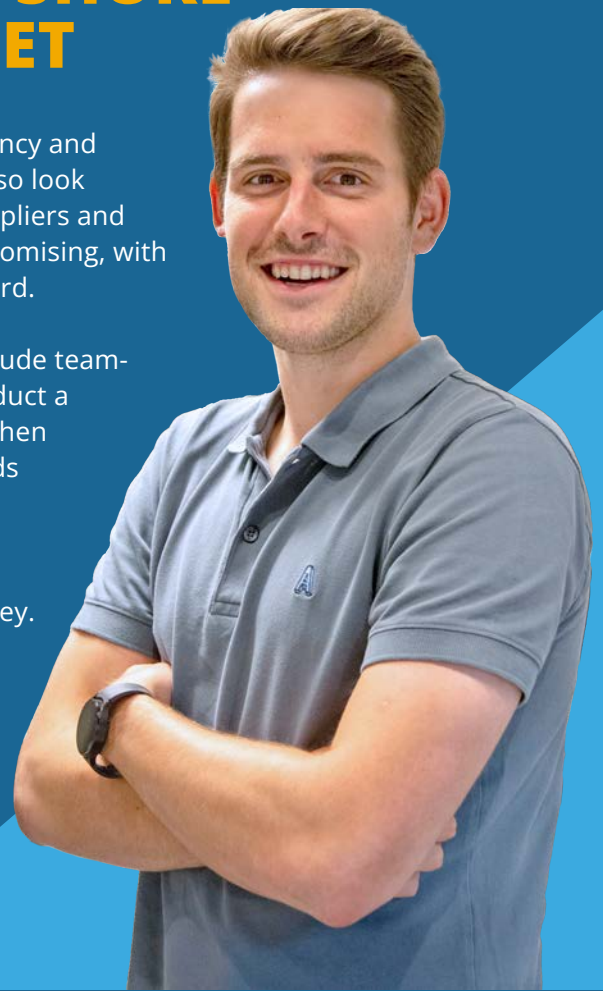
To guarantee unparalleled customer satisfaction, we are implementing targeted initiatives such as the IFS customer survey. Client feedback has proven to be instrumental to evaluate our services and taken actions when and where needed.

For me, in 2024 we need to keep monitoring trends to remain innovative and adaptable to change.

THOMAS VAN DYCK

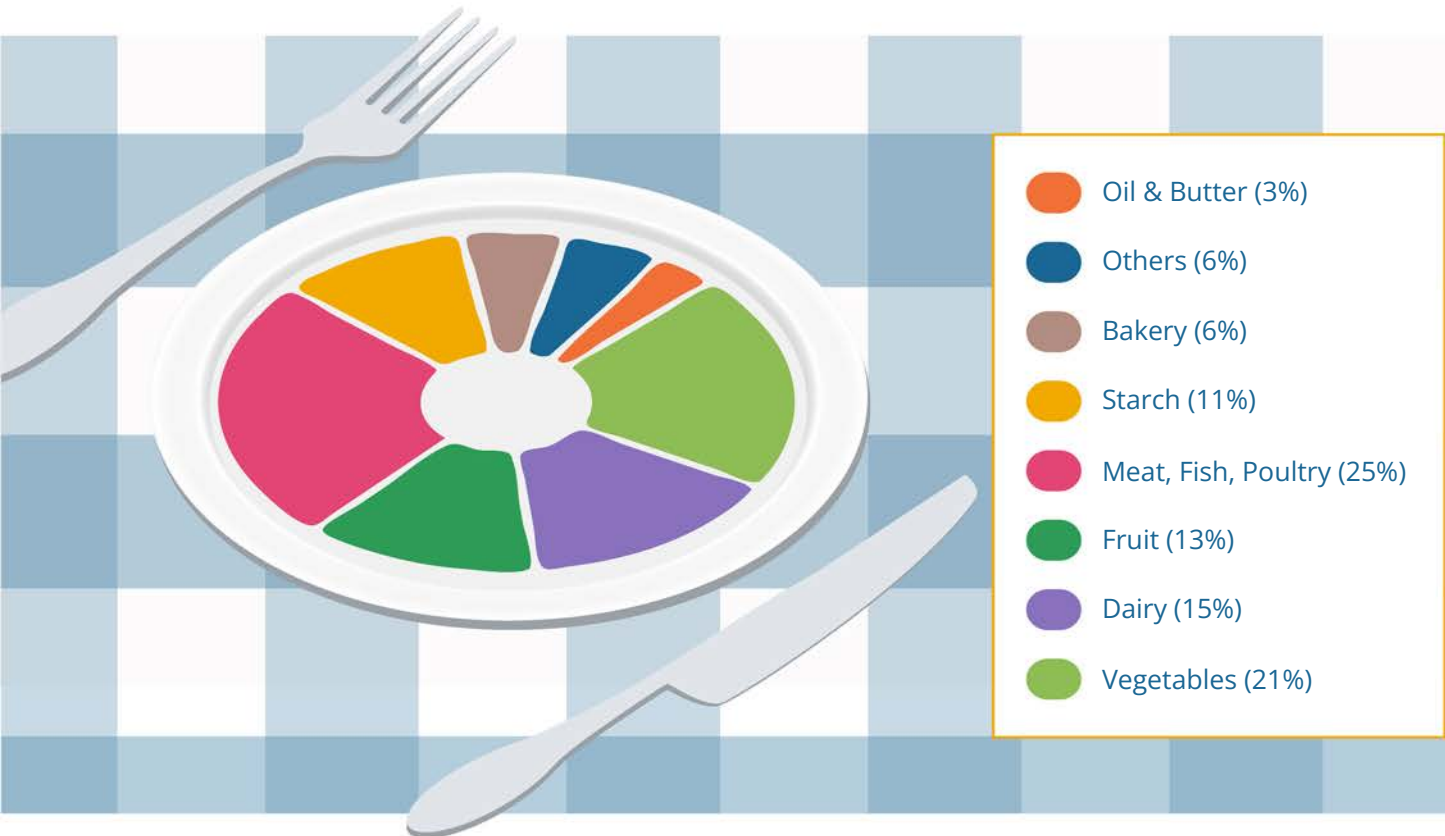
TEAM LEADER

OFFSHORE FLEET



2023 ON A PLATE

Our vast databases allow us to establish trends in consumption on board all IFS-catered vessels. These were the top 5 products consumed last year - any surprises? Send us an email to info@ifs.be



TOP 5 FOODS



RICE



POTATOES



EGGS



CHICKEN



ONIONS

Based on the average weight per man per day across the entire IFS fleet. Drinks and water were not included in the overview.



High calorie, sodium, and sugar intake continues to be a common issue across most vessels. This could potentially lead to various dietary-related health problems such as obesity, hypertension, and diabetes. Chief Cooks can help tackle these risks by keeping to healthier menus.

Look at this month's suggested recipe in the last page of the newsletter.

AN ILLUSTRIOUS 20-YEAR CAREER

FROM INTERN TO CFO



*Accounting is black and white,
and there can't be any mistakes.*

*That responsibility must remain
with people.*



From intern to Chief Financial Officer (CFO), this has been An Van Loo's 20-year journey with IFS.

An has been a big part of the company's growth and transformation over the years.

Her journey with IFS started with an internship in 2003 as part of six staff members who worked out of a small office. The company was certainly different from what it is today.

"It is very interesting to see how the company has evolved. Back then, we had a big whiteboard with all the vessel names pasted on it and their last order dates written next to them. This was how we kept track of a hundred different vessels. It is hard to imagine this practice today."

Since then she has had various roles in the back office, including SHEQ Coordinator, Office Administrator, and HR Manager. She also handled orders for tug boats.

Embracing Technology

Over the years, An witnessed significant changes in the industry. For her, the biggest change was the shift from paper to digital invoices. "In the last 5 to 7 years, we have seen a dramatic shift towards digital invoicing."

"You cannot imagine the piles of paper we had to process before. We had to fax every single order to our suppliers. We had to ship all invoices via courier worldwide. All this paperwork was processed manually and stored in our archives. Digital invoicing not only streamlined our Operations and Accounting department. It also reduced our environmental impact significantly. "

Freedom, flexibility, and open communication

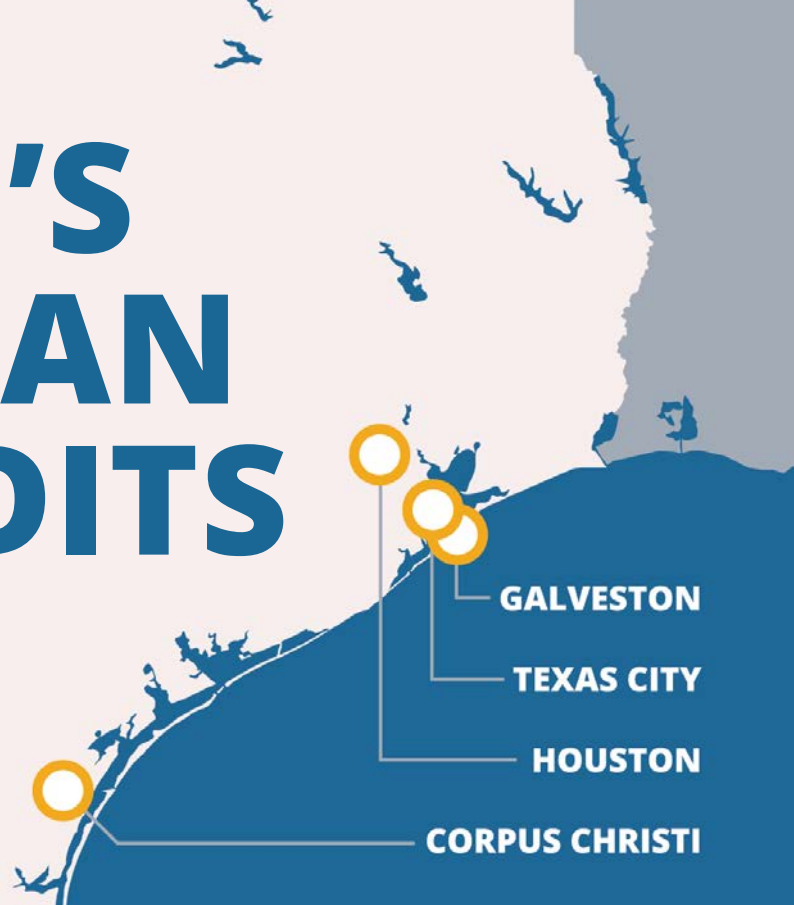
In her role as CFO and Head of Accounting, An leads teams in Belgium, Poland, and Singapore. Her management style values freedom, flexibility, and open communication. She wants her team members to have the freedom to make decisions and take ownership of their work. She emphasizes the importance of accuracy and responsibility within her department.

Finally, like every employee at IFS, An has a passion for food. Her favorite dishes are anything with pasta.

We congratulate An on her 20 years of passion and hard work and look forward to many years more!



TIM'S TEXAN AUDITS



26 merchant and offshore vessels visited in 30 days. It's been a busy month for IFS Catering Superintendent Tim Melotte, who's returned to base after a hectic month in Houston, in the United States of America.

Our Catering Superintendents regularly visit ships that are provided with IFS catering, to work with crews to maintain high standards in galleys and ensure best practices with Captains, Chief Cooks, and Stewards. During these visits, they also offer training and coaching that supports the work in catering on board.

But there is so much more to his duties as a Catering Superintendent. One day he is coaching cooks on management; the next day, he is assisting with galley outfitting. Sometimes, he even intervenes between vessels and suppliers.

During one ship visit, Tim received feedback on what was deemed an issue of oversized packaging for a small crew, leading to food surplus and waste.

Tim's solution was to facilitate communication between the ship and her local ship supplier, leading to the supplier adjusting its offered product range to include smaller packaging.

"When issues arise I must listen and communicate with all parties involved. This way, we collaborate and develop solutions together," says Tim.

During these ship visits, Tim often also conducts catering audits. This entails a thorough inspection of the galley, messroom, and stores, recording everything on the checklist of his audit tool.

At the end of the audit, he discusses the results with the Captain and provides the crew with a corrective action list.

With decades of experience as a Camp Boss and Chief Cook, Tim bridges the gap between onshore and offshore operations—a challenging but always rewarding job.



"An important part of my job is problem-solving."

RECIPE OF THE MONTH

Tasty and packed with nutrients, here is a great and well-balanced recipe to add to your arsenal.

The quantities in this recipe serve three people; adjust the quantities based on the number of servings needed.

RICE, SEARED SALMON, AND PAN-FRIED VEGETABLE

PROCEDURE:

1. Marinate the salmon:

- Add olive oil, thyme, salt to taste, and black pepper to a bowl.
- Incorporate the salmon fillets with the marinade and let it sit for at least 15 minutes.
- Place the salmon on the preheated pan and cook for about 5-7 minutes per side, or until the fish flakes easily.
- Add the glaze and cook for another three minutes, or until the salmon is cooked through and well-coated with the glaze.

2. Pan-fry the vegetables:

- Preheat the pan under medium heat
- Mix the assorted vegetables with olive oil, assorted spices, and herbs
- Cook under high heat for about 7-10 minutes, or until tender and slightly caramelized.

3. Bring the rice to a boil over medium heat until well cooked.

- Once cooked, turn off the heat and fluff it with a fork.

4. Serving

- Carefully place a serving of salmon fillets with rice.
- Add a sizeable portion of roasted vegetables next to the rice, and feel free to improvise on its layout.
- Garnish with some finely chopped spring onions.

Enjoy this wholesome meal that is going to power up your crews, with a dish low in calories and sodium, as well as gluten-free and appropriate for anyone with diabetes.

Did we mention that it is rich in nutrients?!
Do try it next time you're looking for inspiration.

INGREDIENTS:

For the white rice:

- 2 cups water
- 1 cup rice

For the salmon:

- 3 salmon fillets
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste

For the vegetables:

- 2 cups mixed vegetables (broccoli and carrots)
- 2 tablespoons of olive oil
- 1 teaspoon dried rosemary, paprika, garlic powder, and thyme.
- Salt and pepper to taste

For the glaze:

- In a separate bowl, whisk together the soy sauce, sweet chilli, and two tablespoons of water.

