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Food · People · Impact

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**THINGS
YOU NEED
TO KNOW
THIS MONTH**

**FEBRUARY
2024**

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- **MEET THE IFS NUTRITIONIST**
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SALT, FAT & SUGAR

A DEEP-DIVE INTO
CONSUMPTION
ON BOARD

One of the pillars of IFS is to provide healthy, nutritional, and safe food for seafarers.

Data is key for this to happen, as by tracking the nutritional figures for vessels, IFS monitors trends in consumption and nutrition, which enhances informed decision-making.

Pettie Peeters is the IFS nutritionist who helps monitor and analyze the data. She shares her insights in this newsletter and talks about the fleet's eating habits.

Red and fatty

At first glance, most crew on board are keeping with eating trends which could be better, although there have been some improvements over the years.

Our consumption data reveals a diet heavy in red meat, fatty proteins, white rice, and potatoes. These foods are not inherently unhealthy but should be consumed in moderation. Another alarming trend is the high consumption of deep-fried products.

Looking at nutritional data, Pettie sees that crew members are consuming a lot of salt, sugar, and calories but not enough fiber, minerals, and vitamins. Here are some insights into the fleet data and tips from our nutritionist.

Sugar intake is almost double the recommended daily amount!

Pettie advises cutting down on sweets and soft drinks. A better alternative is to eat more fibrous, whole-grain foods. These contain slow sugars that give you energy over a longer time. Although fruits have a high sugar content, they contain fiber, which is a good trade-off.

"Eating a piece of fruit is always better than an unhealthy snack. But watch out for fruit juices! They often contain the same sugar content as soft drinks."

CONTINUE... ►

► SALT, FAT & SUGAR...

Salt intake is up to 4 times the recommended daily amount.

Table salt in the galley and messroom is a major source of salt for the crew onboard. The IFS nutritionist recommends using less salt during cooking and letting the crew add salt at the table (if even needed).

Table condiments, bouillon cubes, and flavor enhancers are another big source of salt. Her recommendation is to go for low-sodium alternatives, e.g. low-sodium soy sauce. Or to get more creative with other seasoning than salt.

“Why not enhance the flavor of your dishes with fresh spices and herbs? Or add acidity and freshness with citrus fruits like lemon, lime, or calamansi?”

The consumption of fat, especially saturated fats, is too high.

Saturated fats are mainly found in animal-based products. They should be eaten in moderation. Unfortunately, foods such as cream, butter, bacon, and cheese are some of the most ordered items at IFS.

Many Chief Cooks often resort to deep-frying as a quick cooking technique. But it is no surprise that deep-fried food contains high amounts of fat and is a lot higher in calories.

Pettie recommends using alternative cooking techniques such as steaming, blanching, and baking. This way, you also preserve a lot more flavor and nutrients.

“When pan-frying, as a rule of thumb, you should not use more than one tablespoon of oil or butter per serving.”

Pettie Peeters

IFS NUTRITIONIST

Cultural considerations

Food habits are also shaped by culture and big changes do not happen overnight. A good example of this is white rice.

Pettie understands that white rice is very popular with most crew members and nationalities. It is an important part of many cuisines but is not as nutritious as brown rice. Brown rice is a lot more filling and has more nutritional value. Offering brown rice alongside white may encourage some to try it more often.

“From a young age, we are trained to like food high in sugar, fat, and salt. Luckily, you can re-train your tastebuds. Gradually reduce the consumption of unhealthy foods and go for healthier alternatives.”

Staying active is important too. Pettie says it is great if you have a gym at home or on board to exercise. But even without, exercises like push-ups, squats, and ab workouts can make a big difference.

This way, small changes can take the crew towards healthier habits.



THE SPOTLESS CHIEF COOK: CHEF RICKY HIS RECIPE FOR SUCCESS AT SEA

Seafarers have seen a lot in their lives, and it's definitely not easy to surprise them. However, one of our Senior Catering Superintendents was pleasantly surprised by the outstanding work of one particular Chief Cook he met during a recent galley inspection.

The reason? The Chief Cook passed his audit with a **98% score**, "which I've never seen before in my years of work," said this Senior Catering Superintendent.

Meet Chief Cook Ricky, who works aboard an **IFS-catered vessel (Coral Methane)**. His passion and love for food and seafaring have earned him a good reputation and regular commendations from his fellow crew members.



I enjoy my work at sea, despite the challenges that come with it, such as encountering new ports, new cargo, and unfamiliar cooks. When not at work, I enjoy spending my time gardening, cycling, and cooking.

Capt. Michiel Roos
CORAL METHANE

During ship audits, the checklist typically includes:

- Health and safety in the galley
- General sanitation
- Cooking skills
- Food handling and food storage
- Correct disposal of waste.
- Use of certified pieces of equipment

"IFS is good. I particularly love the efficient feedback mechanism, the inventory system, and the ordering systems as they assist us in budgeting," he says.



I love working at sea because I get to manage myself. My highlight is making the crew onboard happy with my cooking. It's always a fun challenge, but I love making sure everyone enjoys their meals

CONTINUE... ►



► THE SPOTLESS CHIEF...

Digital support

Chief Cook Ricky says that **IFS training**, coupled with the IFS Cooking App, has enabled him to strengthen his skills. He considers the IFS Cooking App a valuable tool that is pivotal in his continuous improvement through regular training and creating improved menus, helping him navigate the demands of marine catering.

"The IFS cooking app is useful for cooks onboard because you can search for a menu and compare it with the ingredients available in the vessel, thereby managing supplies more efficiently," says Chief Cook Ricky.

"I create the menu weekly, propose it to the caterer, and find an amicable way forward," he adds.

Beyond work, chief cook Ricky's hobbies include trying out new restaurants and new recipes to enhance his knowledge about food. Speaking on his experience onboard, Chief Cook Rikie expressed gratitude to his master and steward for the collaborative effort that exemplifies their galley.

Captain Michiel Roos also commended the chief cook for his stellar work. *"I would like to give a special shout-out to the Chief Cook for treating the crew to some delicious Chinese sauce. It was really good."*

The vessel's steward, Mr. Muzammil, received positive appraisals and was recommended for a promotion. "Mr. Muzammil, my steward, is very experienced and helps me with baking and cooking." added Chef Ricky.

As the future of seafaring evolves, Chief Cook Ricky foresees reduced crew sizes, a heavy reliance on technology, and a hike in food prices. He also emphasizes the importance of exploring new recipes that take into account the diverse nationalities of the crew.

"In the foreseeable future, I anticipate more autonomous vessels and projects in the future, which will lead to an increased use of technology." Captain Michiel concluded.

IFS Recognition

In recognition of his good work, Chief Cook Ricky is the newest recipient of the Excellence Award from IFS CEO Michel Pradolini.

This achievement serves as a shining example of how to uphold the highest standards of hygiene and safety in the galleys.

For IFS, it is imperative that good cooks and galley staff get properly appreciated. IFS congratulates Ricky on his remarkable performance.



TESTIMONIALS

WHAT DO CAPTAINS THINK OF IFS?



I used to work with different food providers, but I must admit IFS is the most friendly, professional, and committed. Excellent performance overall!!!

Wojciech
CAPTAIN



Continue with the annual audit; it's a good monitoring tool. Periodical (2-3 years) Refreshing courses for cooks, more recipes and updates of them in the IVI interface.

Vasilii
CAPTAIN



We are very satisfied with your performance. Only a small remark to improve: when possible, put the items ordered as additional items on the regular list, making it less work and more efficient for ordering.

Larry
CAPTAIN



Our last orders were in Matadi, DRC which is a very difficult Port, and your team did good work in assisting with problematic local suppliers.

Marin
CAPTAIN



UPHOLDING EXCELLENCE THROUGH ISO RECERTIFICATION

To excel in its mandate as a maritime catering company, IFS implemented a quality management system (QMS) that keeps the company up to the highest international standards (ISO 9001).

The **recertification** obtained underscores our commitment to enhancing customer satisfaction by improving quality and also helps evaluate suppliers.

The ISO framework presents stringent guidelines and serves as an international benchmark for IFS processes.

“For our clients, this move means that IFS processes remain of the highest quality, regardless of your location.” IFS QHSE Coordinator Agnieszka Sloma.

The ISO 9001 **recertification** awarded to IFS covers the ordering, monitoring, and analysis of food flows onboard merchant ships, offshore installations in remote sites, and the training of chief cooks.”

By pursuing this Bureau Veritas recertification, IFS reaffirms its commitment to delivering exceptional value to all its stakeholders. In addition, ISO 9001 enhances our uncompromising approach to food safety.

The purpose of the ISO 9001 certification process is to develop a robust Quality Management System (QMS) that drives continual improvement, it acts as an essential building block for any company looking to improve risk and quality management. Our ISO 9001 recertification by Bureau Veritas demonstrates a commitment to quality and customer excellence.

The framework, -IFS QHSE's Coordinator says- undergoes yearly reviews to ensure compliance with all regulations.

The policy is cascaded down to all our staff through inductions and training, as everyone plays a crucial role in upholding the standards set forth.

ISO 9001

BUREAU VERITAS
Certification



As QHSE Coordinator, my role includes rolling out ISO standards, internal auditing, and implementing the ISO changes,

Agnieszka Sloma

IFS QHSE Coordinator



STEWED KIDNEY BEANS

Prep Time: 5 mins

Cooking Time: 20 minutes (with pressure cooker unsoaked) or 1 hour with pre-soaked beans but without pressure cooker.

Serves: 5 people

Note: If using canned beans, make sure to rinse them properly.

PROCEDURE:

1. Soak the beans for 5 hours (to overnight).
2. Heat one tablespoon of butter and add in the ginger and garlic paste and cook on medium heat for about 3-5 mins (till the water evaporates).
3. Add in the green chilli paste, garam masala, black pepper and salt and cook for a minute or two.
4. Add in the tomato purée and cook on medium heat for 2 mins till the water starts to disappear and you can see the oil releasing from the sides.
5. Add in the soaked kidney beans and mix well. Mash some of them to thicken the sauce.
6. Let it cook on medium heat with the lid on for about 5 mins.
7. Finish with cream and butter as per your liking and enjoy.

Garnish with some fresh coriander.

Serve hot with rice or chapati and a wedge of lime and some raw onions on the side.

INGREDIENTS:

- Kidney Beans (500 grams dried. You can also used the tinned version)
- Ginger and Garlic Paste (as per your taste)
- Fresh green chilli paste (as per your taste)
- Butter (2 big table spoons)
- Black pepper (as per your taste)
- Salt (as per your taste)
- Tomato (2 tomatoes puréed)
- Garam Masala powder (as per your taste)
- Double Cream (1 tablespoon optional)

RECIPE OF THE MONTH

10th February 2024 was world pulses day.

This recipe serves as a demonstration of the wonderful nutritional benefits that come with beans.

Beans and pulses are a good source of protein and can serve as a great substitute for meat for vegetarian diets. In a world leaning more and more towards sustainable sources of nutrients, beans and pulses can be the overlooked superhero. Beans are healthy, easily accessible, as well as affordable to many.

It's time to get your pulse racing (pun intended) with this simple recipe: