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THINGS YOU NEED TO KNOW THIS MONTH

- REDUCING FOOD WASTE AT SEA
- WHAT ARE 'EMPTY CALORIES'?
- COOKS CLUB Q&A
- PHILIPPINES: SOCIAL IMPACT
- RECIPE OF THE MONTH!



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SETTING SAIL FOR SUSTAINABILITY: HOW WE'RE REDUCING FOOD WASTE AT SEA

The United Nations marked on the 30th March the International Day of Zero Waste. The calendar event was introduced in 2022, as a way to highlight a big environmental issue of our times.

One of the core values at International Food Services (IFS) is tackling waste and introducing efficiencies to deal with it. Providing an exceptional catering service for seafarers can also prioritise environmental sustainability.

Smart Planning, Smarter Solutions:

IFS uses a sophisticated inventory management software that analyses historical data, dietary preferences, and travel times to create optimised ordering lists, prevent overstocking and minimise spoilage.

On the platform, cooks can add their input to the demand forecasting tools to adjust portion sizes and menu offerings based on real-time factors such as weather and crew demographics. This ensures a catering service for different tastes and cultures, while also aiming to tackle levels of leftover food.

Crews are regularly informed about food waste reduction initiatives and encouraged to maintain responsible consumption habits onboard with tailored-made campaigns by the IFS Marketing team - if you want to know more please email marketing@ifs.be.

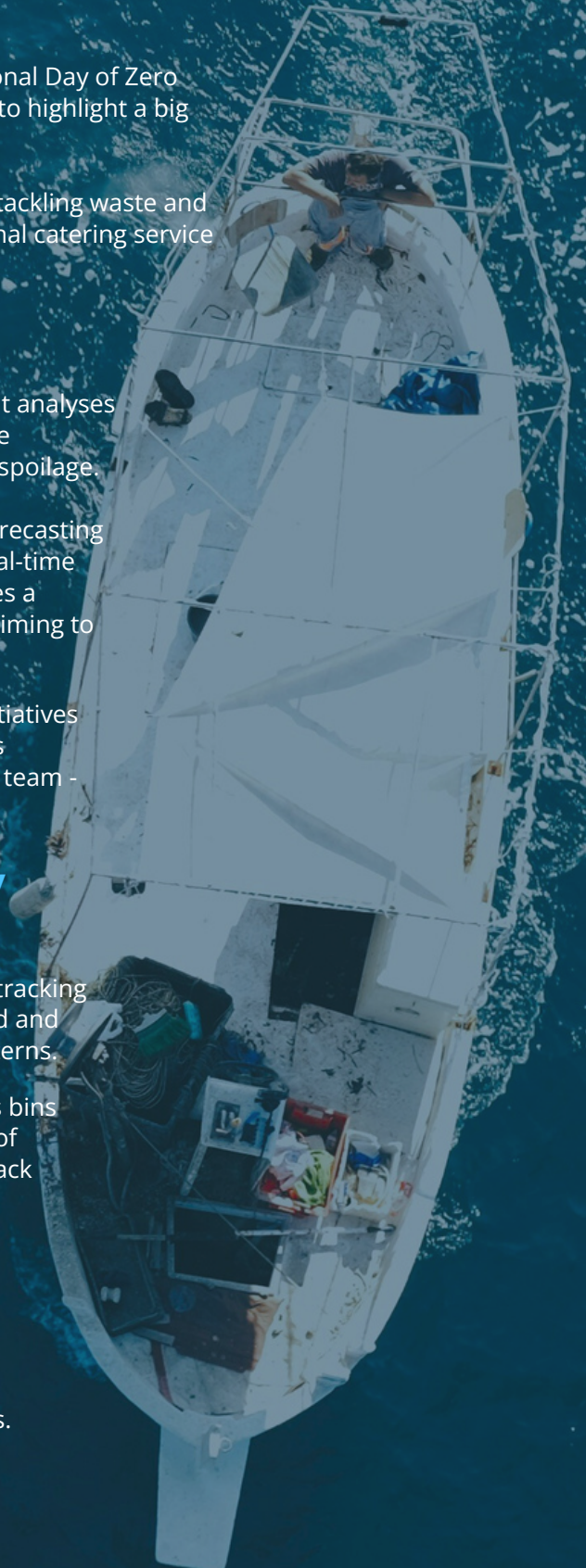
Technological Innovation Meets Culinary Expertise:

IFS has introduced in some agreements the use of real-time tracking systems. These allow us to monitor food stock levels onboard and adjust menus or orders instantly based on consumption patterns.

IFS has also explored the potential of smart fridges as well as bins that monitor how much food is wasted in real time. The use of sensors and data analytics to optimise storage conditions, track expiration dates, and identify how much spoilage happens, contributes to a lower carbon footprint.

Want Not – Repurposing and Donating:

IFS regularly explores with clients opportunities to donate to charities any leftover food from vessels, when it's still safe to consume. This reduces waste and benefits local communities.





The Road Ahead : A CONTINUOUS JOURNEY

We understand that reducing food waste is an ongoing process. Collaboration is key, and we actively participate in industry forums and work with technology providers to develop innovative solutions for a more sustainable future at sea.

The Benefits of Embracing a Zero-Waste Minimizing food waste isn't just about environmental responsibility, it's also good business.

By reducing waste, we:

Optimize Costs: Lower food procurement costs and minimise waste disposal expenses.

Enhance Efficiency: Streamline operations and improve resource management.

Boost Sustainability: Reduce our environmental footprint and contribute to a circular economy.

Promote Transparency: Earn the trust of our customers and position ourselves as leaders in sustainable maritime catering.

By embracing innovative technologies, fostering strong partnerships, and promoting responsible food practices onboard, we are charting a course for a more sustainable future in maritime catering.



We're working closely with our suppliers to encourage responsible sourcing practices and efficient delivery schedules.

Rutger Van Der Kreek
IFS Head of Procurement

HEALTH AND NUTRITION

Empty calories—what are they?

All foods contain calories, but do you know what empty calories are?

Empty-calorie foods provide little to no nutritional value while contributing significantly to your daily calorie intake. These foods are often high in added sugars, preservatives, unhealthy fats and oils, and refined carbohydrates.

Consuming many empty-calorie foods can lead to obesity and a deficiency of important nutrients such as vitamins, minerals, and fiber.

Therefore, understanding which foods fall into this category can help you make more informed choices about your diet. Here's a breakdown of common empty-calorie foods, along with their recommended alternatives:

EMPTY CALORIES	HEALTHIER SUBSTITUTE
Sweetened drinks	Zero-sugar drinks
Energy drinks, sodas, and fruit juices	Unsweetened water and herbal teas.
Saturated oils like palm oil or butter	Healthy fats such as extra virgin olive oil and sunflower oils
Fried food	Baked food
Candy and chocolate bars	Nuts, seeds, yogurt and fresh fruit
Bacon and sausages	Lean meat like chicken, beef, or turkey
Processed foods	Whole grain Rice, whole grain pasta

How can I eat healthier?

1. Read labels: Check the nutrition labels of packaged foods for added sugars, saturated fats, and refined carbohydrates.
2. Choose unprocessed: Opt for whole, nutrient-dense foods such as fruits, vegetables, lean proteins, and whole grains.
3. Limit sugary drinks: Prioritize fruit juices with water, herbal teas, or flavored water with no added sugars.
4. Snack better: Healthier snack options can be nuts, seeds, yogurt, or fruits instead of processed snacks.

5. Consider supplements: Depending on your diet, you may benefit from supplements like vitamin D, vitamin C, or omega-3 fatty acids to ensure you meet your nutritional needs, especially if this comes after medical advice.

6. Prioritize balanced meals: Aim to include a variety of food groups in each meal, such as carbohydrates (whole grains), protein, healthy fats, and fiber. **To boost your health, eat the rainbow.**

Remember, moderation is key, and progress lies in making small, sustainable changes to your diet.

5 THINGS TO KNOW ABOUT THE COOKS CLUB



IFS Cooks Club is a platform that allows seafarers to connect, interact, learn, engage with and support each other. The platform allows seafarers to access all the wealth of the IFS digital tools such as IFS coach and the IFS cooking app's from across the world.

JOIN THE CLUB !

1. Open to cooks of IFS catering-managed vessels.

The valued membership into the club is open to cooks of IFS-managed vessels. All you have to do is [subscribe](#) and after your application is approved, you will be welcomed into the club, get access to all the support, and qualify for the IFS Star Awards among others.

2. Facebook

After becoming a member, you have access to our private [facebook](#) community where our seafarers connect, share knowledge and inspire each other.

3. IFS Star Awards

Being a member of the IFS cooks club allows our cooks to apply for the coveted stars.

The IFS star awards recognize hard work, stellar performance, high hygiene standards, and general high standards among our seafarers.

Star awarding is merit-based therefore good appraisals and years of experience gets you more stars.

Chief Cooks can promote the stars as a way of recognition in the industry.

HERE IS HOW IT WORKS



After 2 years of IFS sea service and 2 good appraisals, you can apply for 1 star.



After 4 years of IFS sea service and 4 good appraisals, you can apply for 2 stars.



After 6 years of IFS sea service and 6 good appraisals, you can apply for 3 stars.

4. Chief cook of the year

In December 2024, IFS will carry out the Chief Cook of the Year Competition in Manila - all details can be found [here](#).

The winner will earn the prestigious **Chief Cook of the Year** award, receive the honor of global recognition among the IFS fleet, as well as a \$2500 cash prize.

We are no longer accepting applications, but do watch out for upcoming information about the competition!

5. Learning and Community engagement (IFS coach and cooking app)

This is the bread and butter of the IFS cooks club community.

The digital interface enables chief cooks to access our highly acclaimed learning and development training app - the **IFS Coach**, as well as the **Cooking App** with over 1000 recipes from across the world.

PHILIPPINES SOCIAL IMPACT

Social impact is a fundamental part of International Food Services (IFS).

Our partnership with the ANAK Tulay Ng Kabataan (TNK) foundation in the Philippines exemplifies our core values and our commitment to making a tangible impact in the community.



Through this foundation, these kids access food, education, care, and mentorship. This partnership is important to IFS because, through this program, we can improve their lives and build a better future for the children.

Joshua Gabor
General Manager of IFS

IFS has a long-standing relationship with ANAK TNK.

The IFS CEO, Michel Pradolini, is a regular visitor to the center (he was there last month), which is home to young children from underserved communities.

One of the key pillars of our Corporate Social Responsibility (CSR) is training. Recognizing empowerment as a transformative force, ANAK TNK endorses some of its youth to benefit from our training in Bataan. Through this training and other supporting programs, IFS empowers the youth with the skills they need to succeed and be self-sufficient.



To discover more about the impactful initiatives of ANAK TNK, [click here](#)

Our CEO's hands-on involvement underscores our genuine commitment to making a meaningful difference in people's lives.

In the immediate community, the ripple effects of our social impact activities are already being felt. Some of the trainees are already onboard IFS-catered vessels after the completion of training, hence becoming agents of change in their communities. Currently, we have three individuals training as stewards. After training, IFS normally endorses them to clients/manning agencies.

As we look to the future, our commitment to social impact remains steadfast. Guided by IFS' core pillars of food, people, and impact, we continue to leverage our resources to address pressing social challenges and make a positive difference in our society.



RECIPE OF THE MONTH

This month we feature a vegan recipe as some of our sea-farers are vegans. Veganism is a philosophy and lifestyle choice that extends beyond dietary restrictions. It's a commitment to minimizing the harm caused to animals, the environment, and oneself by abstaining from all animal products.

This recipe serves as a demonstration that vegans can eat just as healthy as those who consume meat and dairy products. A well-planned and executed vegan diet can provide all the essential nutrients the body needs. Do well to include a variety of fruits, vegetables, whole grains, legumes, nuts, and seeds to ensure optimal health.



STIR FRIED TOFU AND BROWN RICE

Prep Time: 10 minutes

Cooking Time: 1 hour

Serves: 5 persons

INGREDIENTS:

- 2 cups brown rice (or white rice if that is your preference)
- 500 grams firm tofu
- 1 carrot
- ½ cup parboiled edamame
- 1 green bell pepper
- 1 red bell pepper
- Scallions/green onions (or any preferred vegetables)
- Vegetable Oil 3 tbsp
- Dark Soy sauce (as per your taste)
- Tomato sauce (as per your taste)
- 2 tablespoon toasted sesame seeds

PROCEDURE:

1. Chop your vegetables, set aside.
2. Mix the dark soy sauce and tomato sauce, set aside.
3. Cut the tofu into 5 cm strips, set aside.
4. In a clean pot, put water three quarters to the top, add salt into it and bring to a boil.
5. Add in your brown rice and let it boil until al dente.
6. Drain or strain the extra water and pour the rice into a separate clean and dry bowl. Cover to keep warm.
7. In a clean pan, pour 3 tablespoons of oil.
8. Gently place your tofu tiles into the hot pan and shallow fry them until golden brown, set aside.
9. Into that same pan, fry your preferred vegetables, add in the tofu, mix well and add in the sauce.
10. Garnish with extra scallions or green onions and toasted sesame seeds.