

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



TSEBO
50⁺¹
YEARS
FROM 1971 - 2022

ISSUE 10
SEPTEMBER 2022
www.tsebo.com

TSEBO

TsAfrika

PROVIDING UNSURPASSED CATERING WITH AFRICAN FLAIR

The world of corporate catering is evolving with a fresh focus on simplicity, convenience and value for money. Rae Keller and her team at TsAfrika are happy to adapt and deliver an experience driven by what makes us tick – a passion for food and people!

Until recently corporate catering had fallen into the “great unknown” with the industry grappling with what a post-COVID reality would look like. For Rae Keller, Managing Director TsAfrika, and her team this initially represented a challenge in terms of how to stay relevant in a rapidly changing business environment, but now that business is back in full swing it is more about tapping into providing products that inspire excitement.



RAE KELLER
Managing Director TsAfrika





“As our clients and customers perspectives changed we understood that less is more in the truest sense of the word, simple but with uncompromised quality,” says Keller.

“By understanding who our customers are, we have pioneered fit-for-purpose solutions using technology to adapt quickly to the changing needs of our clients’ organisations and employees. As a result, we have brought new concepts and convenient solutions to the table.”

This understanding of what clients want, along with a keen interest in international trends, has led to an exciting, creative stage in TsAfrika’s evolution. While the caterer will always maintain 100 per cent commitment to getting the basics right through quality produce and seasoning to bring out natural flavours, and healthy cooking methods to preserve nutrient density, there is a new emphasis on convenience and access to different culinary experiences for its clients. In practice, this lead to developing and strengthening various convenience concepts such as:

Pantry Box

Beautifully curated ‘pantry boxes’ that bring luxury, decadence and convenience together for special occasions at home with family, a romantic picnic, a celebratory High Tea or simply a unique gift.

Event in a Box

Prepacked snack food solutions for online meetings and events are designed with bespoke ingredients and recipes, tastefully packaged to complement the experience.

Let's get Cooking

Easy to follow, delicious recipes and pre-portioned ingredients ready for daily collection from staff restaurants.

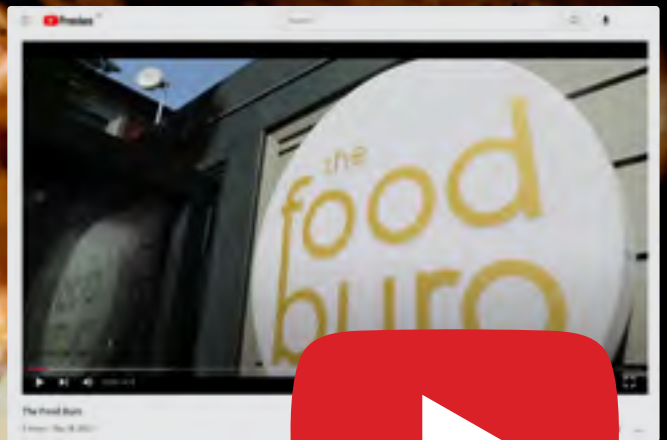
the food buro

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While functions and events are catered for with signature flair, TsAfrika has evolved its dark kitchen concept to provide delicious catered pre-packed meals, snacks, deli and coffee options to businesses that have downsized, or no longer want the expense of running an onsite, staff kitchen and restaurant.

The solution is The Food Buro, a trendy, moveable structure that can be placed outside of the office building to provide a smaller more cost-effective staff restaurant that can be customised according to a range of in-house brands that are produced in TsAfrika's production kitchen and delivered to the containers. The title means "food desk" and suggests a destination brand in keeping with TsAfrika's trendy, elegant container concept.



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TO VIEW**



INTRODUCING TsAFRIKA'S NINE NEW FOOD BRANDS

What we eat is more relevant today, which is why TsAfrika cultivated its brands with a view to mindful eating to fuel physical wellbeing.

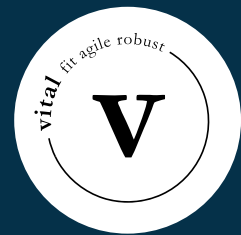
The result is clean, nutritious, fresh meals that focus on the overall wellbeing of the clientele on site, while generating the excitement of a food destination. The new brands showcase TsAfrika's flexibility by occasionally rotating meal offerings with a few of its other brands to eliminate menu fatigue, create excitement and drive participation in the employee restaurants. The brands are:



Established: Recognised and accepted tradition serves food from accepted age-old traditional recipes crafted from different cultural backgrounds.



Day-to-Day: Fulfilment happiness and satisfaction through more robust tried and tested meal offerings.



Vital: Fit, agile, robust food to drive mindful eating and physical wellbeing.



Zest: Plant-centric meals for non-meat eaters to encourage variety and vitality.



Xtravagance: Unrestrained dramatic indulgence that provides a feast for all the senses.



Sentiments: Reflection, fondness, nostalgia served up through old favourites, where heartiness, colour and variety are the order of the day.



Nosh: Nibble, munch, grub food for people on the go.



Relish: Beloved, prized values that fit your lifestyle and your budget.



Break-of-Day: Blend, sizzle, toast to kick start your day the right way.

All these can be ordered and delivered to a client's desk via TsAfrika's mobile-based app, Head Over Meals.

"The challenge lies in balancing commerciality and rising food inflation within the boundaries of set price points for our clients. We have managed to do this without compromising quality by getting really creative. Now more than ever, how we manage our costs through our processes and optimisation has become critical," says Keller.

"The days of fully subsidised staff restaurants are something of the past. We are entering a world of multi-tenanted spaces where clients require adaptable commercial models and food solutions that speak to a hybrid working model – agile and flexible solutions, on demand, fresh and convenient. The product has to be easily accessible, exciting and with health at the forefront."

This agility carries over to the way in which TsAfrika tailors its approach to changing business models. When a large, mining client moved offices from the Johannesburg city centre to Rosebank, it changed its approach by tasking TsAfrika with training young chefs, baristas and cooks to the point where they become owners of the catering business. With a strong emphasis on skills development and mentoring, TsAfrika was able to create a formal development programme that will ensure the success of these young entrepreneurs from a kitchen skills and business level. And so, the Tsebo Phakiso Supplier Development Programme was born





Tsebo's Phakiso SMME Supplier Development Programme is a tried-and-tested strategy for the integration of SMMEs into the Tsebo Solutions Group's operational model.

The programme aims to support the development of SMMEs and contribute to their growth in a meaningful way, while allowing clients to retain the benefits of contracting with a large organisation, such as professional quality standards and cost-effective pricing. With a business ethos that is built on ensuring that we develop, employ, capacitate and partner to the benefit of the communities we work in, the end goal is to ensure that small businesses are:

- **sustainable**
- **profitable**
- **trained to the highest quality standard**

"Tsebo Solutions Group's values are to develop people, to serve people, to uplift communities. These values form the foundation of everything we do and extend to helping small businesses to scale up. We believe this is critical to the future of South Africa's economy. Even as we continue to grow, our vision for TsAfrika is to maintain the agile, can-do attitude culture of a small company. We aim to be the go-to brand for blue-chip clients that want to be associated with our passion for food, our belief in developing our people, and our ability to innovate and adapt quickly without ever compromising on quality," says Keller.

FOOD AND BEVERAGE TRENDS LEADING THE WAY IN 2022

Over the years, consumers have become savvier about how and where their food is produced. Consumers now scrutinise food labels to familiarise themselves with what they are putting into their bodies.

That said, sustainability, eco-friendliness, and all-natural ingredients are top of mind for consumers these days. We dissect each of the top seven trends below:

Plant-based goodness

A quick glance at some of the popular food pages on social media is enough to convince us that vegetarianism and veganism seem to have taken centre stage these days. However, contrary to what social media tells us, the number of full-on and dedicated vegans and vegetarians has not increased substantially. A recent survey showed that only 3 per cent of adults in the USA identify as vegan, which is only slightly higher than the 2 per cent figure from 2012. In South Africa, less than half a million people out of a population of almost 60 million subscribe to a vegan lifestyle, according to red meat and dairy industry adviser Heinz Meissner. Furthermore, Meissner added that veganism was limited to the affluent and middle class. That said, NielsenIQ search data shows that the term “vegan” is the second-most searched snack term around the world.

Many consumers would like to incorporate vegetarian and vegan dishes into their lives without a complete lifestyle overhaul. So, while the number of vegans is not increasing, the demand for plant-based food is. NielsenIQ notes that the demand for plant-based products increased by 12 per cent between 2020 and 2021. Similarly, meat alternatives enjoyed an 11 per cent increase. Examples of popular vegan products include vegan cheese, meat free ‘meats’ and alternative milk products. Cauliflower is currently a star vegetable, as most people are now utilising it for everything, from mashed potato alternatives to pizza crusts.

Reference: <https://nielseniq.com/global/en/insights/analysis/2022/top-7-food-and-beverage-industry-trends-2022>



Sustainable sourcing

Studying a food label is no longer enough, consumers now want to know exactly how their food made its way from the farm to their plate. Though factory farming is still popular, most people prefer ethically sourced ingredients, particularly when it comes to meat. Free-range cattle and chickens are more desirable than those that grow up in environments that do not provide green pastures and sunlight. There is still plenty of room for trial and error, with consumers wanting companies to make a concerted effort to source everything as responsibly as possible. Food brands are usually advised to put evidence of responsible sourcing on the packaging to showcase their commitment to this mantra. Some specific attributes that customers care about include:

- Biobased packaging claim certifications
- Eco-friendly certified
- Reef safe (i.e., seafood products)
- Biodegradable packaging claim certification
- Fair trade claim certification
- Sustainable farming certification

Homemade convenience

The rise of local home delivery meal kits such as UCOOK, KookBox and many others are proof that time-strapped consumers want the convenience of eating well in their own kitchens. However, since the average person is not a trained chef, they still need some detailed guidance to ensure that they do not end up with inedible meals. Not in the meal kit business? You can still meet the demand for convenience by acclimatising to your customers' needs. Pre-made or easy to prepare dishes are much more desirable, especially for busy professionals. The trick to wholesome meal kits is blending convenience with sustainability and natural ingredients.

Sustainability

With climate change high on the agenda, consumers want to know that their products are eco-friendly. Products made from recycled or repurposed materials are more valuable than single-use items. Plant-based plastics are fast becoming popular because they break down quicker than petroleum-based materials.

Transparency

Transparency goes hand-in-hand with responsible sourcing. Consumers prefer companies to provide more details about their supply chain and manufacturing processes, so that they can make informed decisions about what they eat and drink. One popular example of transparency is informing consumers about any genetically modified organisms (GMOs) in the food items they are purchasing.

Global flavours

The internet has turned the world into one big global village. This means that, now more than ever, consumers are exposed to many more cultures. The best way to experience a new culture is by sampling its food. Fortunately, the internet and social media provide endless recipes of enticing food from other cultures. Providing varied global flavours is one of the easiest ways for shoppers to travel the world without leaving their homes.

Food and technology

When it comes to transparency, brands can incorporate high-tech solutions into their packaging. For instance, QR codes provide consumers with an opportunity to learn more about the story behind their favourite products.

Health and wellness

One of the main reasons plant-based foods are fast becoming popular is that they are healthier than their counterparts. Consumers definitely want to get healthier, but still want convenience too. For that reason, products that add health and immunity boosters (i.e., antioxidants, vitamins, and proteins) fly off the shelves.





Make your brand a forever favourite

One way of staying abreast of your competition is to build brand loyalty. Turning consumers into fans will ensure that they return for more. For example, Coca-Cola has always reigned supreme in the beverage sector, however Pepsi gained more positive attention in 2020. And surprisingly, two years later, Coke has still not claimed its throne. Something definitely worth keeping top of mind is that food and beverage trends evolve all the time and so should your brand!



An increased demand for functional and health products

Functional food and healthy alternatives used to occupy a small fraction of the pie, but what will that picture look like going forward?

- **Healthier food options since COVID-19:** Since the onset of the pandemic, more consumers are carefully choosing what they consume. Brands have to respond with providing natural immunity and healthier food options.
- **Immunity takes centre stage:** The COVID-19 pandemic has encouraged consumers to build their immunity naturally through food. Therefore, products that offer a vitamin and mineral boost will be more attractive than those with fewer healthy ingredients.



The science behind indulgence

Even with consumers choosing healthier foods, there is still plenty of room for indulgent and decadent food items. Food scientists should come up with new and creative ways of capitalising on the trifecta of indulgence – sugar, salt, and fat. The right combination of these elements can still create meals and snacks that customers will yearn for.

SPRING IS IN THE AIR

Spring

HARVEST TABLE



Ingredients

Potatoes and bacon

2 Tbsp	Extra virgin olive oil
1 kg	Baby potatoes, halved if large
2 tsp	Smoked paprika
TT	Salt and black pepper
8	Slices thick cut bacon

Harvest board

6	Eggs, cooked to your liking
500 g	Smoked salmon
TT	Red onion, cucumbers, and radishes
300 g	Cherry tomatoes, halved
250 g	Basil pesto
250 g	Burrata cheese
TT	Fresh fruit, lemons, and sliced avocados
TT	Pitted green olives and capers
TT	Fresh basil, dill, mint, and chives
TT	Assorted bagels, naan and bread, toasted
TT	Assorted cheese, honey and fruit jams
TT	Peppers in hot oil

Method

1. Preheat the oven to 220°C.
2. On a large baking sheet, toss together the olive oil, potatoes, paprika, and a pinch each of salt and pepper. Lay the bacon flat, draped over the potatoes. Transfer to the oven and roast for 20 minutes, toss and continue roasting another 20-25 minutes, or until golden and the bacon crisp. If the bacon crisps before the potatoes are done, remove the bacon from the oven.
3. Remove the potatoes and bacon from the oven and transfer to a serving bowl, draining off any excess grease.
4. To assemble the board. Toss the tomatoes with $\frac{1}{4}$ cup pesto and arrange in a bowl with the burrata cheese. Arrange the potatoes, bacon, tomatoes with burrata, smoked salmon, and eggs on a large serving board. Scatter the remaining ingredients around the board, filling in all the gaps. Allow guests to assemble their bagels, naan, and or toast.

SPRING IS IN THE AIR

SPRING

Frittata





Ingredients

20	Large eggs
250 g	Yogurt
4 Tbsp	Olive oil
2	Leeks, white and light green parts chopped
450 g	Thin asparagus, trimmed and cut
290 g	Frozen peas
2 cup	Baby spinach
TT	Salt and Pepper
250 g	Goat cheese, feta or other cheese

Method

1. Preheat the oven to 200°C. Heat the oil in a 10-inch oven-safe skillet over medium heat. Add the leeks and saute for 3-4 minutes.
2. Then add the asparagus and saute another 1-2 minutes. Then add the frozen peas, baby spinach, salt and pepper, and saute another 1-2 minutes, or until the spinach is wilted.
3. Remove $\frac{1}{3}$ of the vegetables to a plate (optional, but it makes for a prettier frittata), and make sure the remaining half of vegetables is evenly spread out.
4. In a large bowl, whisk the eggs, yogurt, salt and pepper. Pour the eggs over the half of the vegetables in the pan. Cook on the stove for 2-3 minutes.
5. Add the remaining vegetables on top, then dollop with the goat cheese. Transfer to the oven and cook for 15-20 minutes, or until the eggs are set. Garnish with additional herbs before serving.

SPRING IS IN THE AIR

Spring Rolls





Ingredients

100 g	Glass noodles
25 ml	Sunflower oil
100 g	Cabbage, finely shredded
100 g	Carrots, peeled, shredded
5	Spring roll wrappers
15 ml	Cornflour
TT	Sunflower oil for deep-frying
TT	Sweet chili sauce, for dipping

Method

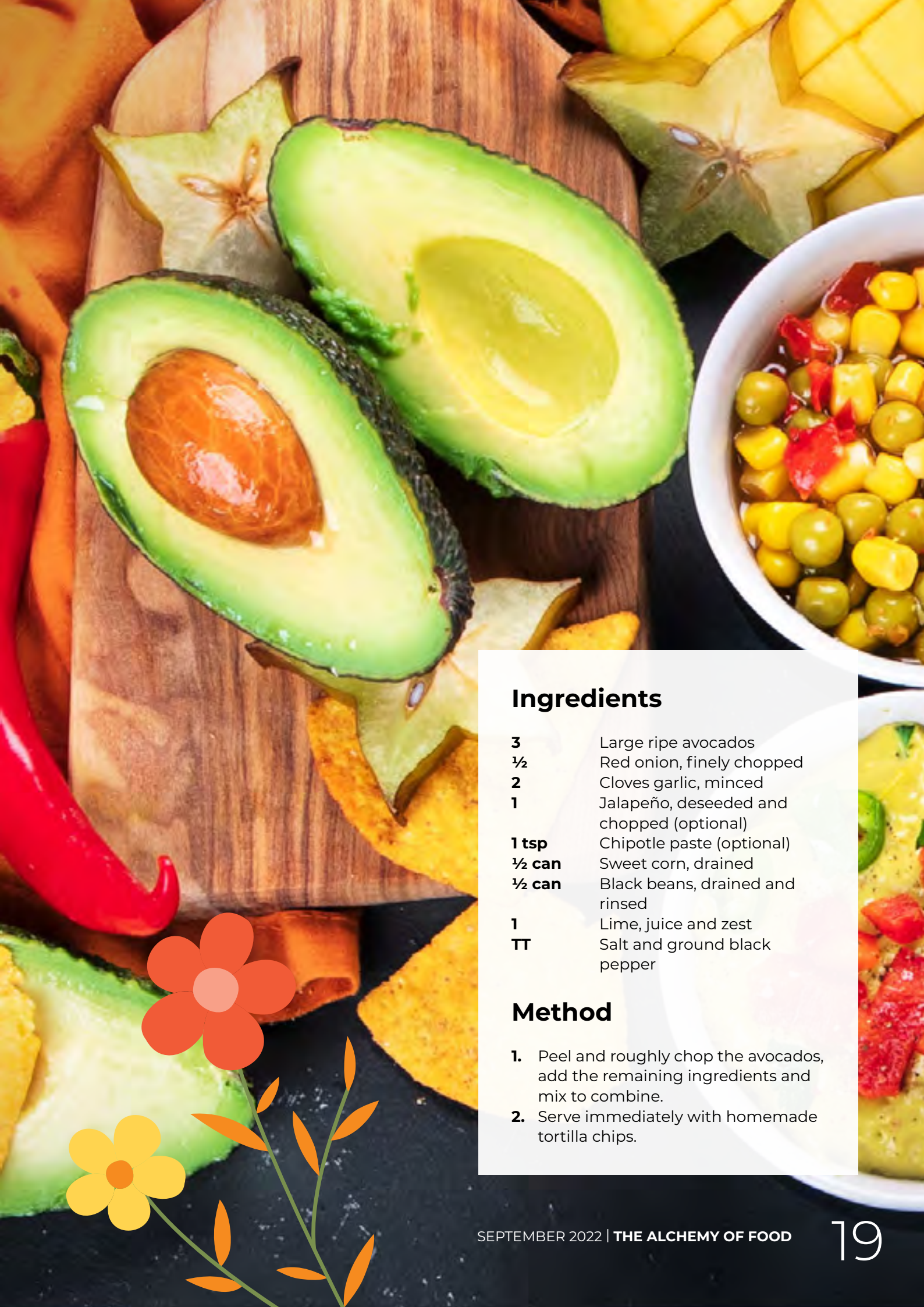
1. Place noodles in a bowl and cover with boiling water. Allow to soak until soft, drain well and set aside.
2. Heat wok or large frying pan over a high heat. Add sunflower oil, then cabbage and carrots, and stir-fry for two minutes. Add the glass noodles and stir-fry for a further minute until just cooked. Remove from the heat and set aside to cool.
2. Cut spring-roll wrappers in half, cut the corners off one end of each half. Cover with a damp cloth. Mix cornflour with a little water to form a thick paste. Hold a single piece of spring-roll wrapper in your hand. Leave a 2 cm space at the end of the wrapper that hasn't had the corners cut off, then place a spoonful of the filling next to the space. Fold the end of the wrapper over to cover the filling completely. Fold the two sides inwards. Roll the spring roll up tightly, keeping the sides folded inwards. Spread a little cornflour paste on the top part of the wrapper. Press down to seal.
4. Heat oil in a large saucepan over a medium heat. Once the oil is hot, add the spring rolls in batches and fry for 2-3 minutes until golden brown. Remove from the oil and drain on absorbent paper.
5. Serve hot with sweet-chili sauce for dipping.

SPRING IS IN THE AIR

SPICY CORN, BLACK BEAN AND CHIPOTLE

Guacamole





Ingredients

- 3** Large ripe avocados
- ½** Red onion, finely chopped
- 2** Cloves garlic, minced
- 1** Jalapeño, deseeded and chopped (optional)
- 1 tsp** Chipotle paste (optional)
- ½ can** Sweet corn, drained
- ½ can** Black beans, drained and rinsed
- 1** Lime, juice and zest
- TT** Salt and ground black pepper

Method

- 1.** Peel and roughly chop the avocados, add the remaining ingredients and mix to combine.
- 2.** Serve immediately with homemade tortilla chips.

SPRING IS IN THE AIR

Mango

SALAD





Ingredients

1	Large mango
1	Red onion
25 g	Rocket
1	Lemon
100 ml	Olive oil
TT	Salt and pepper

Method

1. Peel and slice onion thinly. Cover with salt and the juice of one lemon and put aside. (Handy hint: microwave the lemon for 15-30 seconds to get the maximum amount of juice out of the lemon.)
2. Peel and cut the mango into chunks.
3. Once the salt has drawn some of the liquid out of the onion add the olive oil to this mixture. Season with coarse black pepper.
4. Coat the rocket leaves with the onions, lemon and olive oil dressing.
5. Top with mango and serve.

SPRING IS IN THE AIR

TRADITIONAL

Moussaka



Ingredients

1	Onion, finely chopped
500 g	Lean beef mince
30 ml	Butter
1	Pasta sauce tomato and olive
3	Large brinjals, sliced
TT	Sunflower oil for frying

White sauce

30 g	Butter
60 ml	Cake wheat flour
400 ml	Milk
250 ml	Grated Cheddar cheese
1	Egg
TT	Salt and pepper

Method

1. Preheat oven to 180°C. Fry the finely chopped onion in butter until transparent and then add the mince and brown.
2. Stir in the pasta sauce and simmer for 5 minutes.
3. Slice the brinjal and fry in hot oil until browned. Arrange the fried brinjal and mince in alternating layers in a greased casserole dish.
4. Make a white sauce by melting the butter. Stir in the flour and cook for a minute. Remove from the heat and stir in the milk using a balloon whisk to prevent lumps. Return to the heat and stir until sauce thickens.
5. Season with salt and pepper and stir in half the cheese and the beaten egg.
6. Pour over the mince and sprinkle with the remaining cheese.
7. Bake for 30-35 minutes or until golden.

SPRING IS IN THE AIR

FRUIT

Trifle

CAKE



Ingredients

300 g each	Sponge cakes
80 g pack	Lemon flavoured jelly
375 g	Vanilla custard
80 g pack	Strawberry flavoured jelly
1 tub	Raspberries (125 g)
1 punnet	Strawberries (125 g)
½ punnet	Cling peaches
1 cup	Cream
2 tbsp	Icing sugar

Method

1. Line the inside of a 20 cm round spring form cake tin well with plastic wrap.
2. Slice the sponge and line the bottom and sides of the cake tin, ensuring that there are no gaps in-between slices. Press down firmly so that an even layer of cake is formed around the base and sides of the tin.
3. In a large heat-proof mixing bowl, add the lemon jelly powder along with $\frac{3}{4}$ cup of boiling water. Stir until dissolved then add $\frac{3}{4}$ cup of cold water and mix well. Allow to cool to room temperature.
4. Pour cooled lemon jelly into the custard, stirring until combined. Pour the jelly-custard mixture over the cake in the cake tin and refrigerate until the custard has just set, about 1 hour.
5. Prepare the strawberry flavoured jelly by combining the jelly powder with $\frac{3}{4}$ cup of boiling water and stirring to dissolve. Stir in $\frac{3}{4}$ cup of cold water and stir. Allow to cool.
6. In the meantime, prepare the fruit. Remove the stems and leaves of the strawberries and cut them into quarters
Remove the stone from the peaches and cut them into thin slices. Keep the raspberries whole.
7. Gently pour the strawberry jelly over the set custard layer and arrange the fruit into the jelly, setting some berries aside to garnish.
8. Refrigerate the trifle cake overnight to set.
9. Add the cream to a large mixing bowl and beat until medium peaks form, about 5 minutes. Mix in the icing sugar until well combined.
10. Carefully transfer the cake to a cake stand
Spoon the whipped cream onto the set jelly layer and sprinkle with the remaining berries to garnish.



SPRING IS IN THE AIR

COCONUT AND CHIA SEED

Rice Pudding





Ingredients

1 can	Coconut milk
1 cup	Cooked jasmine rice
TT	Salt
1-2 Tbsp	Cinnamon sugar
3 Tbsp	Chia seeds
125 ml	Apple juice
1 Tbsp	Honey (or sugar substitute)

Method

1. Cook the coconut milk, rice, salt, cinnamon sugar and only 1 tablespoon chia seeds together for 20 minutes or until thick and creamy. Leave to cool.
2. In the meantime, mash the raspberries with the honey (or the sugar substitute to taste) and soak the remaining chia seeds in the apple juice.
3. When the pudding has cooled enough layer all three in glasses and serve with a mint leaf on top.

SPRING IS IN THE AIR

COFFEE AND CHIA

Smoothie





Ingredients

1	Frozen banana
1 Tbsp	Chia seeds
1 cup	Coconut water
1 tsp	Ground almond
1 shot	Espresso
TT	Coconut chips or flakes to garnish

Method

1. Add the ingredients to your blender and blitz on high speed until smooth.
2. Pour into a tall glass and garnish with coconut chips or flakes.
3. Serve immediately.

SPRING IS IN THE AIR

Peanut Butter

SMOOTHIE





Ingredients

2 tbsp	Organic peanut butter
1	Medium banana, frozen
⅓ cup	Almond milk
½ cup	Vanilla Greek yoghurt
½ tsp	Cocoa powder
½ tsp	Pure vanilla extract
½ cup	Crushed ice

Topping

Sliced fresh banana
Chia seeds
Raw almonds
Dark chocolate chips
Cacao nibs
Coconut chips

Method

1. Place all the blending ingredients in your blender and blend on high speed until completely smooth.
2. Decant smoothie mixture into a small bowl and top with toppings of your choice.
3. Serve with a spoon and enjoy right away!

wethu^{COFFEE}

WETHU COFFEE SHOP FINALLY OPENS ITS DOORS

Fedics Class, in partnership with Tsebo Beverages, is proud to announce the opening of the first official Wethu Coffee Shop at Solomon Mahlangu House, located at the University of the Witwatersrand East Campus in Braamfontein.

Wethu Coffee Shop comes as the first of three phases where Fedics Class now serves coffee and grab-and-go meals under the Wethu brand, powered by Planet Savvy.





As phase one only entails the coffee shop, the university had to white box the larger restaurant area, which took longer than expected. Once the shop fitting was ready, we experienced plumbing and electrical delays. Despite those small hurdles, Wethu Coffee Shop held a soft opening on 25 August 2022 and the official opening a few days later on 29 August. The onsite Fedics team did a stellar job in getting the site ready for trade.

Together with Chef Nick, a large-scale marketing campaign was launched weeks before the official opening, starting with banners placed in and around Solomon Mahlangu House and a video proclaiming that Wethu Coffee Shop would soon be launching was shared on all the WITS social media platforms. The latter was later replaced by a video advertising the official opening date.

At first customers were skeptical of our coffee as we were better priced than the competitor next door. With Nozipho Soldaat's outstanding coffee skills, a barista who had to double up as a ward hostess, winning customers over was a breeze.

Phase 2 will see us bringing the once-loved restaurant back to its former glory and improving it further under the Planet Savvy brand. Phase 3 is our long-term strategy aimed at retaining WITS as a client for years to come.

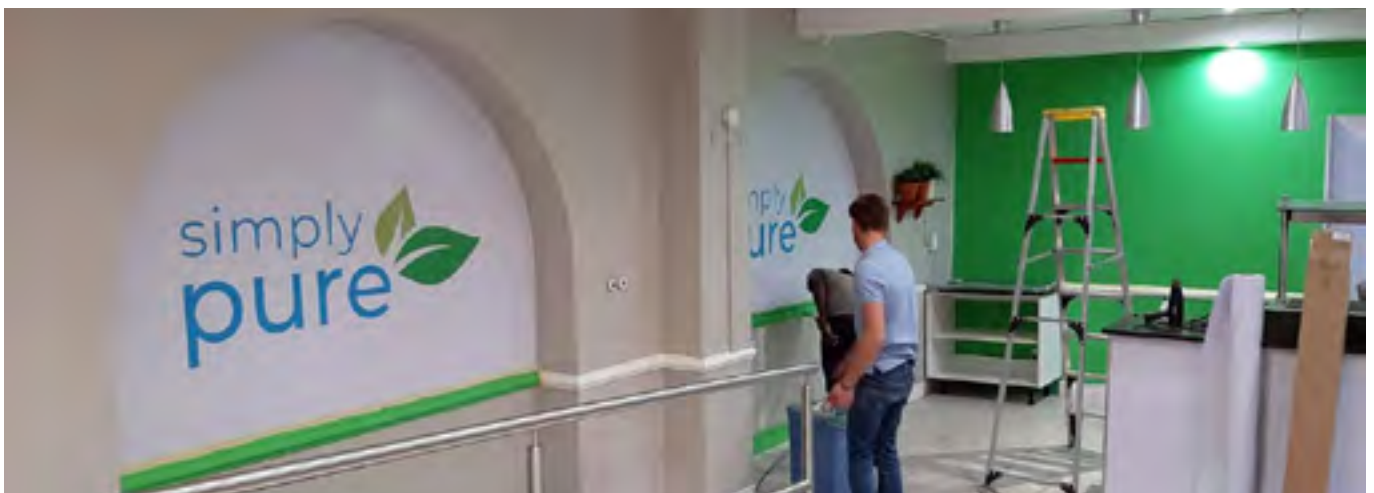


AKESO RANDBURG GETS A

FACELIFT

In keeping with our catering brand strategy, Tsebo Beverages recently revamped and rebranded the Akeso Coffee Shop in Randburg into our new pride and joy, Simply Pure Coffee Shop.

The new space was fully kitted out with everything from new shelving, lighting, a new coffee machine, signage, crockery, uniforms and a new simpler menu. And as expected, all patrons warmly received the vibrant Simply Pure Coffee Shop.



INNOVATION AND CONVENIENCE!

The Clinix and Fedics healthcare groups recently collaborated in an effort to produce an innovative and convenient approach around patient meals, staff dining as well as doctor's meals.

The Fedics Healthcare team, led by Irene Slabbert, Tiny Shabangu and the ever-vibrant Chef Christopher Seane, is determined to drive the Clinix group on an upward trajectory. Watch this space for more announcements!





GQEBERHA LAUNCHES CHEF'S FORUM

For the first time in Gqeberha (formerly known as Port Elizabeth), we are in the fortunate position to have enough young, energetic and enthusiastic food warriors to start our very own Chef's Forum.

The aim of the forum is to share knowledge, encourage passion and simply enjoy this lifelong career that we have chosen for ourselves. What an inspiration it was to sit around a table and see the future of our often arduous industry; one that we sometimes love to hate and hate to love. Cooking is a skill anyone can learn and master, but chefs are a special breed of people in their own right. It takes dedication and continual learning to stay on top of your game. Welcome to each candidate and thank you for taking the decision to walk this road. Together we will take the catering industry in Gqeberha to new heights and continue to stay ahead of our competition by being industry leaders.



CHEFS BATTLE IT OUT DURING THE **GQEBERHA CHEF'S COMPETITION**

The first round of this competition kicked off with the 'Build your own Gourmet Burger' theme, where teams submitted their own recipes and photos.

Team Conti, Team Isuzu and Team St. George's won the first round. They then proceeded to the final round, themed 'A Meal at my Table'. Teams prepared a three course meal, which they later served to the judges. After scoring and much deliberation, Team St. George's was named the winner of the first-ever Gqeberha Chef's Competition.



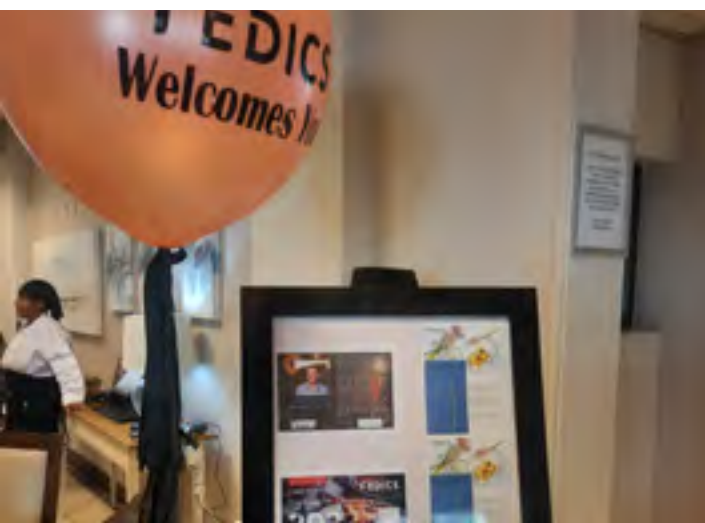
WAVING THE FEDICS FLAG HIGH!

DIG INTO DOUGLASDALE

Fedics was recently awarded the Douglasdale Retirement Village catering contract.

With a brand new menu featuring fine dining and 'fresh market days' options, in-house staff and residents definitely had much to celebrate. We wish the onsite team well on this new journey!





A WARM BISTRO WELCOME!

Douglasdale Retirement Village is the latest addition to the Fedics Living Lifestyle family. To celebrate the village's 10th anniversary, the Fedics team, led by district manager Marcel Gardiner, hosted a High Tea and picnic. Onsite head chef Babongile Puma ensured that only the best food was served throughout, an easy task given how talented and passionate the team is. Portia Matsila and Pertunia Ntetha, the team twins as we call them, brought a special touch with their ability to bake fresh pastries, confectionery, and run a detailed cold kitchen. Here is to many more years of quality service, great food and a team that puts passion above all else!



NURTURE ILEMBE WELLNESS DAY

Nurture iLembe, a Durban-based physical rehabilitation facility, hosted their annual Wellness Day in early September. The event, attended by patients, staff members and their families, was jam packed with sporting activities and prizes.

The 150 attendees were well catered for with a wide selection of lunch and dessert options from Fedics. As per our usual standard, the level of execution was pristine.

Team Fedics went out of their way to provide a lot of 'little' extras to add a special touch to the day. Our client, Nurture iLembe, as well as the attendees were thoroughly impressed with our efforts. Overall, a successful event made possible by the following team members: Thulasizwe Xaba (Nurture Catering Manager), Sindi Angel Gumede (Nurture Chef), Admire Marimbire (DM KZN Healthcare), Luke Reddy (Regional Chef), and lastly a chef from Crompton, Precious Mngadi. We would also like to thank the onsite team for their assistance.



TSEBO SITE SOLUTIONS INNOVATIVE CATERING

With food at the centre of what we do, TSS is on a constant drive to ensure that the Tsebo brand is well represented at the highest levels. It may seem like old news now, but we are proud to announce that we secured the first ever TSS function at Lafarge Lichtenburg. This is where we introduced our new and innovative, ready and mixed-to-go platter boxes.



BOXED PLATTERS ANYONE?

De Beers Venetia Mine recently celebrated its 30th anniversary, and TSS Venetia Guest House introduced the same ready and mixed-to-go platter boxes to our Venetia Mine clients, this, among all the other food that was served during the weekday visits. We were tasked with catering for the De Beers Board and CEO, as well as an Exco member from Debswana Diamond Company in Botswana. We provided the most nourishing meals best suited for ushering in Spring, and stylishly presented using the finest detail. Once again, the team went the extra mile to ensure that the TSS brand delivered impeccably!

TSS KUSILE PAYING IT FORWARD

What a humbling experience it is to participate in Mandela Day initiatives. We are reminded, not only of how fortunate we are, but of the basic needs of the communities that surround us. It is also a reminder of how very little of our time and resources can actually make a huge difference in the lives of those less fortunate than us.

For Mandela Day this year, TSS Kusile planned an initiative under the theme, 'Supporting the Youth to Safeguard our Future'. In fact, we were fortunate enough to participate in two Mandela Day drives in our community.

We partnered with Eskom Generations and the Madressa Tul-umar Charity Home. Madressa Tul-umar was established when Ayisha Sonto started caring for the children of a family that had lost both parents in 2003. Soon after, the number of children increased. Madressa Tul-umar is currently home to 45 orphaned children aged between three months and 21 years. Some of the children at Madressa Tul-umar are victims of rape and abuse or were simply abandoned at birth.





TSS Kusile also contributed and took part in a youth gender-based violence (GBV) outreach campaign hosted by Men for Change, SAPS Women's Network, and Vosloorus SAPS. The campaign event was attended by children from various schools in Emalahleni. These are J Khanada Secondary School, Empucukweni Secondary School, Witbank Primary School, Sibukosetu Primary School, Kopanang Secondary School, Juntsha Secondary School, Klein Waters Combined School, P Ndimanda Secondary School and FH Mkabele Secondary School.

The outreach campaign, facilitated by Colonel Mahlangu and Sergeant Nhlabathi, addressed pressing matters such as GBV, bullying at schools, drug abuse and teenage pregnancy, with each speaker sharing their insights with the learners. The learners were also given information on the various platforms where they could receive assistance if needed. TSS Kusile provided 250 meals to all who attended both initiatives.



By taking part in these two initiatives, we at TSS Kusile wish to cast a spotlight on various, urgent needs within our communities and the work carried by organisations such as Madressa Tul-umar Charity Home, Men for Change, and SAPS Women's Network – all working selflessly and tirelessly to make South Africa a better and safe place. If anything, Mandela Day 2022 taught us at TSS Kusile that caring and making a difference is an absolute must.

SK MATSEKE AWARDS

The front of house staff members at SK Matseke Clinix Hospital recently completed their foundation phase of the Front of House Handbook.

To mark their successful completion of these modules, they were each awarded a certificate and a foundation badge that will be worn as part of their uniform. To make the staff feel appreciated for their effort and commitment, Healthwise Front of House Manager, and author of the Front of House Handbook, Chrize Prinsloo, personally visited SK Matseke Clinix Hospital to hand out these awards. The handbook consists of three phases. With the foundation phase out the way, the team now have the framing and lock-up phases to complete. Each phase brings our employees closer to being the absolute best versions of themselves, as well as the best Fedics ambassadors.



Recognition and awards: Florah Matshidze, Ncengeni Mpanza, Patiswa Tyutu, Ruth Seate, Ntombi Buthelezi, Simenyiwe Sithole and Nomvelo Zungu



WHY TRAINING MATTERS

Whether it is on-the-job entry level training, or training aimed at adapting to the ever-changing economic, political and technological climates, workplace training enable employees to perform better at their jobs and gain knowledge while doing so.

That said, TSS is on a continued drive to ensure that unit level on-the-job-trainings are constantly taking place. It is during these training sessions that we share new ideas, innovations, skills and many other developments with our onsite teams.

Among many of the trainings that we have offered this year, Jane Matshane has been attending lessons on how to whip up different types of nibbles, something she says has bettered her daily job. The nibbles include a variety of quiches, cocktail scones and a selection of savoury and sweet flapjacks, to mention a few.

Our wish at TSS is to create many more success stories such as Jane's. Therefore, we will continue rolling out this training drive and ensure it never stops!

HOW TSEBO IS DEVELOPING SMALL BUSINESSES FOR A SUCCESSFUL SOUTH AFRICA

In June this year, Tsebo began working with a small bakery owner in an innovative incubation project that will help the entrepreneur thrive and expand his business and venture into a commercial canteen for a large building solution provide.

As a company that is committed to the growth and development of the South African economy and its people, the Tsebo Solutions Group has a proud heritage of training and mentoring, both in-house through its Learning and Development Academy and externally with Siyakha Implementation Partners by working with SMMEs to develop supply chains in the communities we serve.

With more than 50 years' expertise and experience, often working in remote, rural areas, Tsebo has the know how to help small businesses to develop and grow into thriving businesses that can meet the professional levels of service excellence demanded by corporate and industrial clients.



CYNTHIA MTHIBE
Group CSR Manager



MICHAEL KGOSIMMELE
Owner, Blossom Bakery



Tsebo partnered with Siyakha Implementation Partners to develop an incubation programme to identify and ensure the success of this small business to run the canteen at the client's site in Lichtenburg, Northwest. The client required Tsebo to develop a hybrid plan that could incorporate a small business in the operations of the canteen.

Tsebo and Siyakha identified and interviewed 12 small businesses and the contract was awarded to Blossom Bakery and Distribution, owned and run by Michael Kgosimbele. Michael started the business in 2019 to supply baked goods to local general dealers as well as to cater for celebrations and corporate functions. However, his facilities are rudimentary, and while he has good knowledge of running a bakery, the business needs to be streamlined and upgraded to ensure that the necessary health and safety, industry and legislative requirements are met to run a corporate canteen. To ensure the success of his new venture, Tsebo developed an SMME Development Programme covering the following key areas:

Technical: In which the Blossom team will work with Fedics chefs and employees for on-the-job training on all aspects of running a professional canteen. This includes learning about the intricacies of food service, finance, human resources, and Quality Health, Safety and Environment (QHSE), etc.

Commercial: In which Tsebo will assess and align Blossom Bakery's business structures and operational efficiencies with best practice; ensuring statutory and industry compliance and work with Michael to develop the commercial skills necessary to successfully run a canteen.

Business growth and excellence: Siyakha Implementation Partners will help Blossom Bakery to develop a strategy to sustainably grow the business by considering the financials and actively identifying opportunities for growth. Before Tsebo and Siyakha exit they will ensure that all newly acquired skills are entrenched among bakery employees and that all commercial and customer contracts are signed and in good order.

Mentorship and training (which includes e-learning modules) kicked off in June this year and will continue over the next three years, by which time Blossom Bakery should be a seamless operation and thriving business with plenty of opportunities for growth. This is just another way in which Tsebo is helping to develop, support and grow small businesses in South Africa.

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Each day is a new beginning. Yesterday's mistakes are now just lessons learned. Absorb the energy and possibility of today, acknowledge the simple beauty that can so easily be taken for granted, and look forward to another new beginning tomorrow.

- Unknown

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