

## What our customers have to say:

### ...Exceptional...

“Just to say how impressed we’ve been regarding the successful implementation of Brakes in our business, driven by your expertise and professionalism. Service has been exceptional: in fact,

**we’re nominating Brakes for the 2020 Care Home Management Readers’ Award for supplier service.**

**If only all suppliers were as thorough as Brakes!”**

CHRIS DEANE,  
DIRECTOR OF PROCUREMENT,  
SUNRISE SENIOR LIVING

### ...Accessible...

“The Brakes IDDSI roadshow set up by Danny Silcock and account manager Alan Cunliffe made this essential training open and easily accessible to all our homes for the very first time.

**The feedback has been amazing, with chefs sending pictures of what they’ve produced**

**and home managers round the country thanking us for the training.”**

CHRISTINE HAMILTON,  
GROUP EXECUTIVE CHEF/FOOD  
SAFETY MANAGER,  
FOUR SEASONS HEALTH CARE

### ...Possibilities...

“Brakes Instant Food Thickener can thicken a huge variety of sweet, savoury, hot and cold products,

**giving care home chefs and cooks an almost unlimited range of possibilities.**

**This gives residents who need textured-modified diets a greater spectrum of flavours and dishes to try, and dignity while dining.”**

SAM TIPPINS,  
PURCHASING PARTNER,  
MY PURCHASING PARTNER LTD

### ...Guidance...

“Over the six years we’ve had Brakes as our main supplier, **we’ve benefited from greater savings, new ideas and solutions, regular updates on equipment, product lines and added-value products and services, and vital information and guidance on the very best in dysphagia diets. We’re renewing our contract next year: this is an important relationship, built on trust and honesty.”**

CHRIS BURDETT,  
HEAD OF FOOD AND BEVERAGE,  
SIGNATURE SENIOR LIFESTYLE LTD

For more information please contact your  
Brakes representative or visit [Brakes.co.uk/carehomes](https://brakes.co.uk/carehomes)

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 **brakes**  
a Sysco company

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a Sysco company

Catering for the  
**CARE**  
—SECTOR—

Providing...

...a range of products and services to help you deliver consistent, nutritious, enjoyable food that truly enhances your residents' quality of life.



Great food.  
At your service.

Virtual Chef Recipe  
Lamb Hotpot No. 800759

## Your expert partners

When you're responsible for catering in a care home we understand you face numerous practical and commercial challenges.

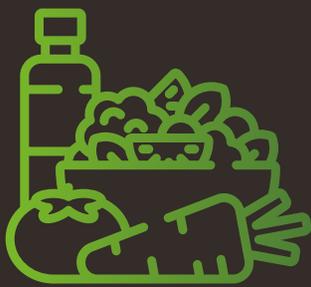
On the food front, your residents' dietary needs vary widely and are often complex, especially when combined with conditions such as dementia or dysphagia and respecting every resident with dignity in the dining experience.

We also recognise that in many care home kitchens, you may be working with limited storage capacity, facilities and skills levels within your team.

Plus, you're under constant pressure to manage your budget, and save time, cost and wastage wherever possible.

## Enjoyable food that **meets** your residents differing needs and **truly enhances** quality of life and wellbeing

We're here to help. Drawing on more than 40 years' experience working with care homes of all sizes across the UK, we've developed a range of products and services to help you deliver consistent, nutritious, enjoyable food that meets your residents' differing needs and truly enhances their quality of life and wellbeing.



THE WIDEST RANGE



EXTRA SUPPORT FOR YOUR TEAM



TOTAL PEACE OF MIND



MEETING YOUR RESIDENTS' NEEDS

For more information please contact your Brakes representative or visit [Brakes.co.uk/carehomes](https://brakes.co.uk/carehomes)



## The widest range

Brakes provides the widest range of products and services in UK foodservice, giving you unrivalled choice, quality, value and consistency across all meal occasions.

- ➔ Pack and portion sizes and formats to match storage capability, kitchen facilities, and skill levels, saving time, cost & labour
- ➔ Extensive Brakes own brand range delivering core requirements of value, quality and consistency
- ➔ Care home-specific products including only wholesale-available Instant Food Thickener to help with texture modification to adhere to IDDSI guidelines, and full ranges of adapted cutlery and crockery to promote independence, dignity and safety

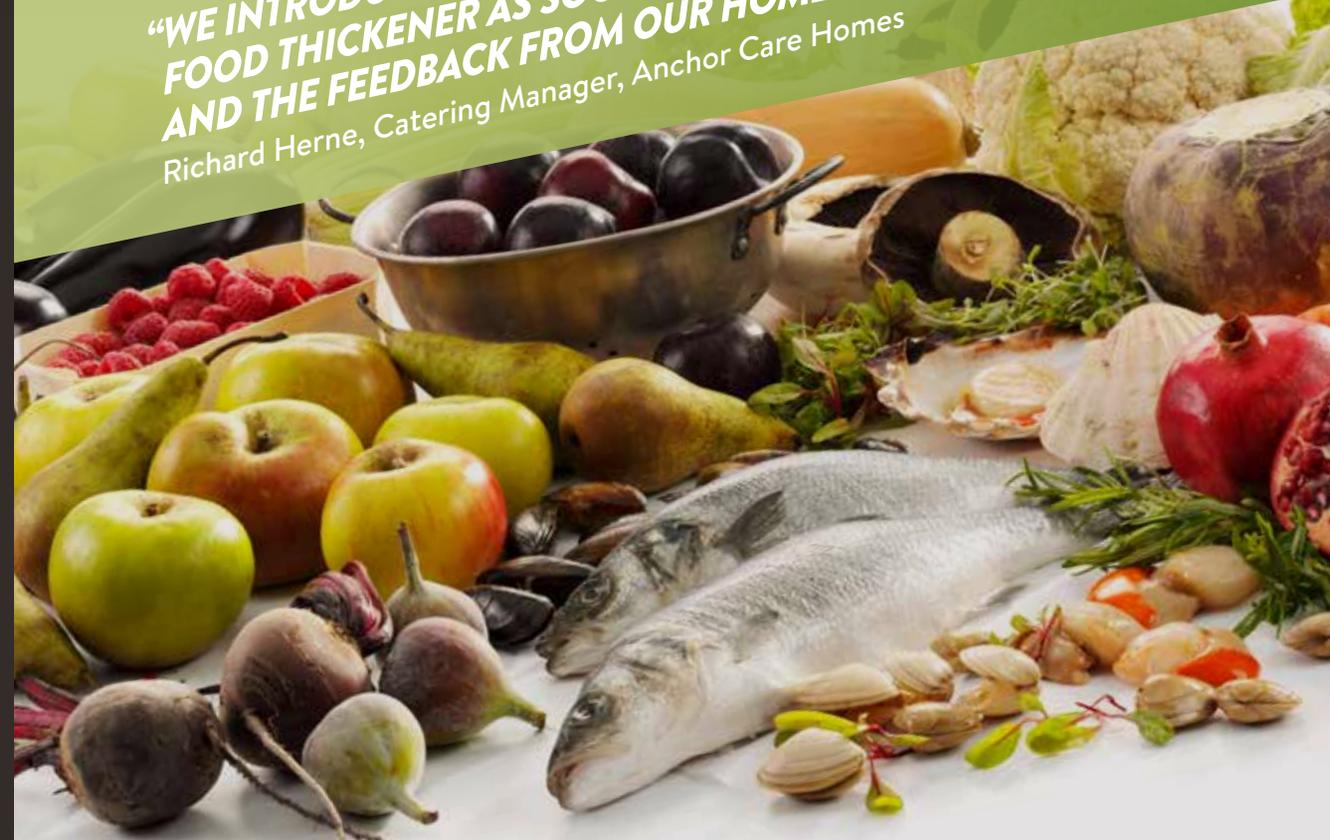


Modified maize starch instant food thickener, suitable for hot and cold foods.  
Code: A 125336  
Pack size: 1 x 360g

- ➔ Great application in the healthcare and fine dining sector for texture modified foods
- ➔ Disperses quickly & evenly in hot & cold food
- ➔ Screw top lid for easy use



**"WE INTRODUCED BRAKES INSTANT FOOD THICKENER AS SOON AS IT WAS LAUNCHED AND THE FEEDBACK FROM OUR HOMES HAS BEEN FANASTIC"**  
Richard Herne, Catering Manager, Anchor Care Homes





## Extra support for your team

As a Brakes customer, you have access to a huge range of support, advice and expertise from our in-house specialists.

We offer specialist training for catering staff at every career stage, in formats that allow you to work at your own pace, in your own time, and at no cost.

→ Our recipe bank has over 140 recipes ideal for care homes, containing full methodology and dish allergen information that can be costed with customers pricing and professional spec sheet output many of which are included within – ask your Brakes contact for more details

Four week **menu plan**, with **fully costed recipes** available for all meals occasions



## A range of free training support...

→ The UK's only online nutrition training course specifically for care homes, accredited by the Association for Nutrition (AfN) and it's FREE to Brakes customers

→ Training videos available on demand via the Brakes website on topics including texture modification and specific dishes/recipes, with spec sheets and other accompanying materials available to download

## ...and advice and guidance

→ Specialist advice covering resident needs including hydration, malnutrition, diabetes, dementia, dysphagia, allergens and other special dietary requirements

→ Individually tailored menu and recipe analysis, available to all customers, to ensure residents' health, safety, wellbeing and nutritional balance meets relevant best practice guidelines – Just email [nutrition@brake.co.uk](mailto:nutrition@brake.co.uk)



## Total peace of mind

Independent industry recognition

Providing complete confidence in the quality and innovation of our food and service.

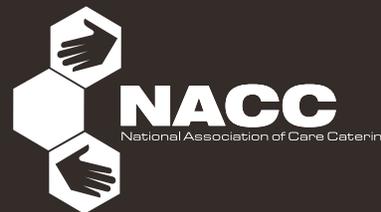
→ Over 60 major food and service awards since 2016 including Q Awards Foodservice Operator of the Year 2019



## Accreditations and Partnerships

Providing independent assurance of how and where our food is produced

- Premier partner of National Association for Care Catering (NACC)
- Wide range of products certified by major independent accreditation schemes, including Red Tractor, MSC, ASC, Global GAP, RSPCA Assured and LEAF
- Only 'Love British Food' wholesaler ambassador



Danny Silcock – Senior Healthcare development chef



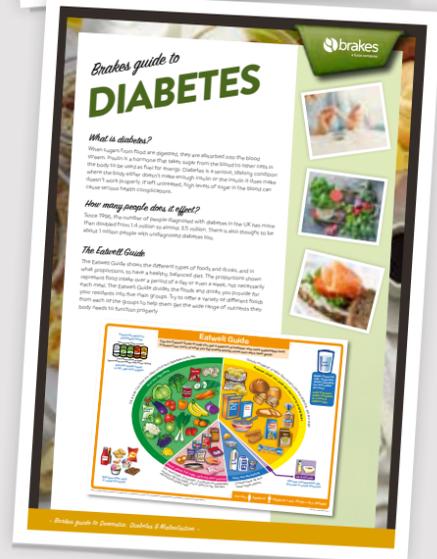
# Meeting your residents' differing needs

Every resident in your care home is a unique individual, with their own specific set of nutritional and dietary needs. Our range helps you provide exactly what each resident requires to stay healthy and well-nourished. And just as importantly, you can ensure there's always something on the menu that they'll really look forward to and enjoy, encouraging eating and boosting their general wellbeing.

## Dietary requirements

Products, recipe recommendations and training to support specific dietary needs relating to age and physical and/or mental health status, across all meal occasions including snacks and drinks

- ➔ Malnutrition
- ➔ Dementia
- ➔ Diabetes
- ➔ Dysphagia / Texture modification
- ➔ Fortification



Fleur Key – Nutritionist



## Enhancing quality of life and wellbeing

Recipes and dishes that recognise and meet residents' personal tastes and preferences, as well as their specific dietary and medical needs.

- ➔ Enables chefs to offer real choice across all meal occasions
- ➔ Traditional, nostalgic food that provides comfort and familiarity
- ➔ Contemporary, innovative and more exotic flavours and textures to reflect demographic changes and wider life experiences
- ➔ Vegetarian and vegan options to support ethical and lifestyle choices
- ➔ Recipe Bank makes it easy for chefs to add, omit or substitute specific ingredients to create specific dishes for individual residents



## Assurance for relatives and stakeholders

- ➔ Food is an important consideration for relatives choosing a care home as an indicator of the overall standards of care provision.
- ➔ Our support, training and solutions will provide credibility and reassurance to potential residents and their families

THE WIDEST RANGE

EXTRA SUPPORT FOR YOUR TEAM

TOTAL PEACE OF MIND

MEETING YOUR RESIDENTS' NEEDS