

Nutrition and Catering Institute (NACi)
Limited

ANNUAL REPORT



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Chairperson report

It is a pleasure to provide the first Annual Report of the NACi. The Institute is unique in this country. It directs a new lens on the important value of foodservices in the support and provision of health, and in disease prevention. Our research program has commenced and we have continued collecting and making available resources for the foodservices sector to aid professional development. It is particularly pleasing to announce scholarships for people within the foodservice industry to attend the national conference of the Institute of Hospitality and Health Care. Increasing access to accurate and scientifically researched information is so important in a field which can be invaded by opinion.

The Institute will be key to identifying, undertaking and promulgating quality research in the area of foodservice. This is critically important. So often foods and foodservices are subject to personal opinion, media personalities and overseas ideas and solutions. Proving value and understanding quality and outcomes which relate to local and particular contexts is the key to finding the right solutions to problems. The first year has laid positive and strong foundations.

A big thank you to all who have helped – the Directors, the CEO and donors. I look forward to even more success in the upcoming year.

Emeritus Professor Sandra Capra AM, Chair, Board of Directors

Sandra

CEO Report

Our charity continues to focus on taking a different approach to the control and prevention of chronic disease. We believe that foodservice operations provide an important role in food production, education, and skills to deliver healthy food to those in care or engaging foodservices.

The NACi focus covers a broad range of foodservice sectors and in time we will be expanding our research. It is important to understand that the science of foodservices has declined and often does not involve understanding the complexity of the foodservice system.

In its first year as a charity the following projects have been completed, Fly-In: Fly-Out catering operations, School Based Meal Programs across the world as well as work in aged care foodservices both residential and community Meals on Wheels.

We are already putting together resources and a nationwide scholarship program to provide important education, and opportunity for foodservice staff to gain skills.

I would like to thank all those that have donated and to the NACi Board Director and Advisors for their continual support. Thank you to Andrew Hudson and Kathy Rees who retired from the board but will continue to support the board.

Dr Karen Abbey Founder CEO

Karen



Making a
different
through
foodservices to
prevent and
control chronic
disease

Mission

Australia's leading charitable research institute in foodservices; translating evidence to practice, delivering real outcomes for vulnerable populations

Charitable Purpose

The Nutrition and Catering Institute (NACi) is a non-for-profit research charity and uniquely uses foodservice systems to support the wellbeing and health of those in care and those providing care across the foodservice sectors

NACi Four Pillars of Operations

**Research
Innovation
Skills
Opportunity**

Foodservice Sectors

- Aged care
- Community meal services
- Fly-In-Fly-Out
- Education
- Indigenous
- Disability



NACi Outcomes 2020-2021

Resources Uploaded

Menu planning Residential aged care – Journal application
Can foodservice in Aged Care Delivery – Journal application



2 Resources

Publications

Menu Planning in Residential Aged Care – The Level of Choice and Quality of Planning of Meals Available to Residents

Can Foodservice in Aged Care Delivery Sustainable Food Fortification Strategies – A Review



2 Academic papers

Government and community submissions

Victus Foodservice Research – Aged Care Royal Commission 2019

Residential Aged Care Cookery Skills Set 2020
Nutrition Congress Submission 2021



3 Government and other submissions

Opinion Articles

Foodservice – a critical tool to prevent and fight chronic disease



Blog Posts Examples

The Five Food Groups, supporting a healthy food intake
The Australian Dietary Guidelines
Fluid, Fibre & Activity
Ageless Nutrition
Menu cookery support

5 Blog posts



Projects Completed and Ongoing

Projects completed

FIFO prevention and control of chronic disease in workers in the oil and gas industry

Plate control – supporting workers to control service size through
Electrolytes and hydration in heat stress worksites

School Meal Programs across the World (UQ student project)

Projects ongoing

The Costs of Foodservices in Aged Care

Aged care – increasing choice and foodservice systems

Aged care – food preparation methods, fresh foods, and the menu

Aged care – food fortification and foodservice system strategies

Food Manufacturing - The Science Behind Fruit Juice

Meals on Wheels production and meal delivery review for service improvement and food safety impacts

Meals on Wheels development of a standardised menu nutrition strategy – food fortification

Scientific Review of foodservices and its role in the prevention of chronic diseases.

Working through
foodservices to
improve
wellbeing of the
community



NACi Finances

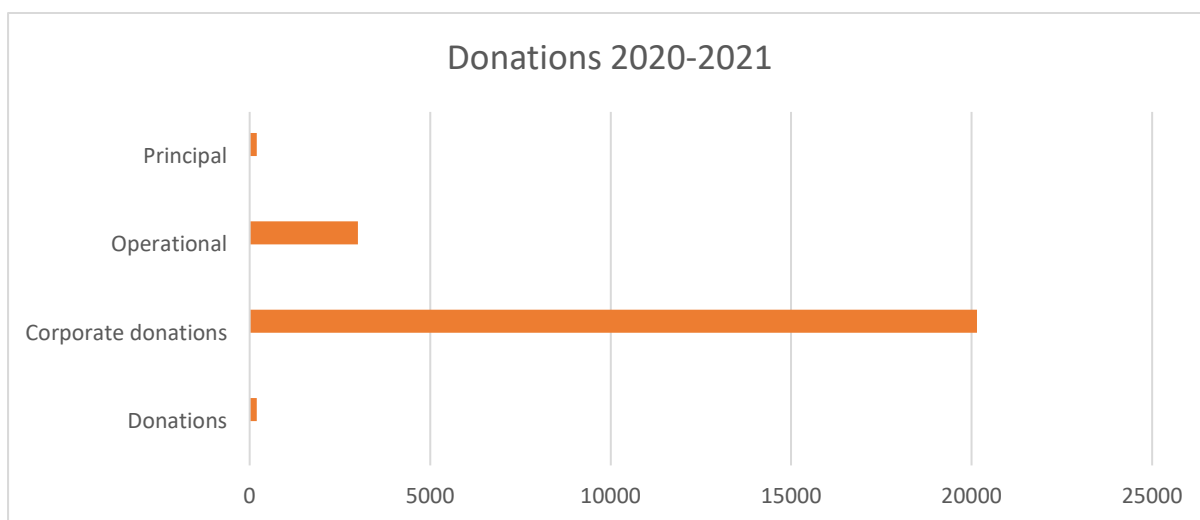
NACi ended the financial year in profit and started to see a steady increase in donations. Several targeted donations were received to enable projects to be undertaken. The NACi continues to work towards funding internal research projects to support the mission and charity purpose.

Working with a marketing strategy to increase the revenue and exposure of the NACi. These include an annual donation drive through an email mailout. The donation portal was upgraded to enable donators to make a monthly donation.

The board commenced the NACi Foodservice Scholarship program to provide opportunities for foodservice staff but also to increase exposure, and reputation to attract increased donations.

The principal account has been established to build a solid revenue base to re-invested to support continual research and operations.

The strategic plan 2021—2025 has aligned to the mission, goals, pillars, and marketing activities.



Financial Goals for 2021-2022

- 1 Increase donation for research
- 2 Continue to build funding to undertake NACi research
- 3 Continue to build the principal account
- 4 Develop corporate foodservice funding

NACi partners

The NACi has been busy developing key partners from the private, community and the educational sector. These partners have provided donations, academic opportunities and supporting our mission and goals.



NACi Promotional Events

The NACi will be attending the national conference of the Institute of Hospitality and Health Care trade display in September 2021 . Exceptional value to the NACi will be

- Exposure to the foodservice community
- Opportunity to showcase the NACi work and resources available
- Network with corporate foodservices
- Expand newsletter subscription

NACi Scholarship Program



The NACi has started to develop a scholarship program to provide opportunities for foodservice workers to gain skills in the prevention and control of chronic disease. It is important the NACi is seen as a leader in this area, providing opportunity for skill development and networking for foodservice staff. Foodservice staff in Australia are often minimal skilled and the NACi