

Nutrition and Catering Institute (NACi)
Limited

ANNUAL REPORT



2021-2022

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Chairperson report

It is a great pleasure for me to present the second annual report for NACi. This has been a busy year for us. We have increased and broadened our skill set among our directors, adding finance skills, governance, and research skills to our group. As a result, we have strengthened all our internal processes and systems.

The work of NACi is now even more important as the government tries to find solutions to the many issues facing the care sector of the economy. To this end we have developed partnerships and submitted funding proposals for new projects. We have reached out to organisations, offering scholarships to foodservice staff to attend conferences, and have developed promotional materials and networks.

The annual report reflects our growing strength and capacity – and how we are bringing change to this important sector in Australia.

A big thank you to all who have helped – the Directors who are all volunteers, 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

The NACi continues to grow adding new additions and championing the importance that foodservice plays in the care and health of our vulnerable populations.

This year has seen the successful implementation of our scholarship program with four scholarships provided to the National Meals on Wheels Conference enabling four workers from Meals on Wheels services to access and travel to the Brisbane conference May 2022.

The NACi library continues to build with a range of postings from journal articles, journal applications, resource, reports, and submission to government bodies. The board has spent a lot of time working on marketing materials for the website and for attending conferences. Many discussions have taken place to help drive and increase donations. The development of the corporate sponsorship program is set to start, providing companies with the opportunity to support the NACi to further increase money for research and our programs.

I would like to thank all those that have donated and to the NACi Board Director and Advisors for their continual support. Special thank you to Maurice Kemp for providing foodservice expertise and supporting the NACi board. I would like to thank the board of directors for their guidance and encouragement.

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 Four Pillar Outcomes 2021-2022

Research

Research into foodservices in aged care continues
Research in community meals services continues
Research into social isolation and loneliness and the impact to malnutrition

Innovation

First conference and scholarship program to enhance foodservices value
Develop a free online library – opening the information flow to enable all workers in foodservice to access information

Skills

Scholarship programs enable foodservice workers to attend the National Meals on Wheels Conference
Library provides information and resources to enhance skills to both workers and academics in foodservice

Opportunity

NACi being part of the National Meals on Wheels Conference enable public exposure
Provided contract working opportunities to foodservice dietitians
Submitted to the QLD Government with Meals on Wheels Queensland on socialization and loneliness

Projects completed

Aged care – food fortification and foodservice system strategies

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
More than just a Meal

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

Resources

Chronic Disease
Healthy Weight
Plate Control



3 Resources

Publications to Academic Journals

Costing Foodservices in Aged Care Is More Than Food Along:
The Development of the FCT



Meal Choice for residential aged care is not yet defined: A
scoping review of policies, standards, reports, and guidelines

3 Academic papers

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



Government/community submissions/reports

The science of Fruit Juice (report)
Social Isolation & Loneliness Enquiry Submission (QLD Govt)

2 Government/Report

Opinion Articles

The elusive formula: managing consumer expectations to
meet budgets and guidelines.

Working through
foodservices to
improve the
wellbeing of the
community

Open Access Article

Food and Nutrition Champions in Residential Aged Care Homes Are Key for Sustainable Systems Change within Foodservices; Results from a Qualitative Study of Stakeholders

by Danielle Cave*, Karen Abbey and Sandra Capra

School of Human Movement and Nutrition Sciences, Faculty of Health and Behavioural Sciences, The University of Queensland, St Lucia, QLD 4072, Australia

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Open Access Article

Costing Foodservices in Aged Care Is More Than Food Alone: The Development of the FCT

by Mikaela Wheeler*, Karen Abbey and Sandra Capra

School of Human Movement and Nutrition Sciences, Faculty of Health and Behavioural Sciences, The University of Queensland, St Lucia, QLD 4072, Australia

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 Marketing

The NACi has been working on several marketing strategies to support the growth the research potential of the NACi. Strategies include running our annual end of financial year donation drive. Increasing the number of donation portals on the website pages.

Considerable work has gone into marketing materials to help educate the public as to the role of the NACi as well as to encourage the corporate sector to partner with the NACi

Nutrition and Catering Institute

NACi

The Nutrition and Catering Institute (NACi) is a Not-for-profit research charity and uniquely uses foodservice systems to support the well-being and health of those in care and those providing care across the foodservice sectors.

Why Foodservice Matters
Menus are essential for the foundation of foodservices
Meals services are important for social and nutritional care
Making every meal count
Tasty and nourishing meals
Food is the social fabric of life

Services supporting foodservice workers
NACi Library with research and resources
NACi Scholarship program
Victus Foodservice Magazine
Sign up for newsletter updates
www.nacinstitute.com.au

Be Part of the Solution
Get involved
Be a research venue
Support a project
Volunteer
Write articles

To Donate and help fund foodservice research SCAN this QR code or visit nacinstitute.com.au/donate/

Development of a new corporate sponsorship package to build strategic alliance for both the corporate and care sector.

Australia's leading research institute in foodservice
TRANSLATING EVIDENCE TO PRACTICE
delivering real outcomes for vulnerable populations

NACi

The Nutrition and Catering Institute (NACi)

was founded by Dr Karen Abbey who has worked in the foodservice / hospitality sector most of her career.

The board is made up of industry professionals, including academics, business entrepreneurs, marketing, legal, foodservice and hospitality.

As a charity organisation, we rely on donations from companies in the foodservice/hospitality sector to enable us to meet our mission, goals and assist organisations to achieve their goals. We have several ways of promoting partnerships support through our website and VICTUS Foodservice Publication. We value your support.

For further information as to how we can assist please contact Dr Karen Abbey.
karen@naci.com.au 0417 608 206 /company/naci/

www.nacinstitute.com.au

To Donate and to help fund foodservice research SCAN this QR code or VISIT nacinstitute.com.au/donate/

NACi ventured into the social media market thought LinkedIn. This will be the NACi main social media platform to promote the library, projects, and research findings.

Nutrition and Catering Institute
LEADING VOICE

Foodservice Sectors

Age care Community care Elderly care Education Indigenous Health

NACi Scholarship Program

National Meals on Wheels Conference

The Nutrition & Catering Institute attended the National Meal on Wheels Conference held in Brisbane. Attending the trade show was a great way to launch the NACi Scholarship program. It's taken two years to get to our first conference, but here we are. It was wonderful to meet and talk to each of our scholarship recipients.

Congratulation to our scholarship recipients (left) Kathie Manifold (MOW Northwest), Pauline Buxton (Marlin Cost MOW), Emily Beraldo (Holland Park/Mt Gravatt), and Kate Murphy (MOW Wynnum Manly & District)



The NACi Scholarship program is designed to provide those working in foodservices with the opportunity to attend the National Meals & Wheels Conference. One of the pillars of the NACi is to create opportunities for food service workers to obtain skills and attend networking and educational events. We worked with the National Meals on Wheels Committee to provide scholarships in the way of free registration. We met all our scholarship holders during the conference and know that our program is helping to support those in food service. All scholarship holders have provided conference feedback which we will make further posts to support the National Meals on Wheels Conference and our program. The NACi attending trade show also allowed crucial networking with the food service industry and helped to promote research in food services to support our mission to translate food service science into practical application.



Emeritus Professor Sandra Capra (NACi Board Chairperson) Dr Karen Abbey (NACi CEO Board Director)