

Nutrition and Catering Institute (NACi)
Limited

ANNUAL REPORT



2022-2023

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Chairperson report

This year has simply flown by. We have had a really successful year, and have worked hard, to update our procedures, promote ourselves and to undertake research and projects.

We have established two successful funded partnerships with the care industry and universities to identify ways to enrich the lives of care recipients through food. As a solutions focussed organisation it is critical that we gather and disseminate evidence around solutions that work in practice. We believe that it is only through partnerships that this can happen and we will strive to increase the number of partnerships in the next year.

I commend this third annual report to you, as we grow in strength and capacity and bring change to the care sector in Australia.

A big thank you to all who have helped – the Directors who are all volunteers, the CEO, and donors. It is with regret that we accepted the resignation of John Cooke as Director as not only has he done a terrific job as Secretary but he has been here from the outset, across the five years from when NACi was “just” an idea, until today. A great champion and I cannot thank him enough.

Best wishes to all our supporters and donors and we look forward to another successful year ahead.

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 we continue to provide scholarship opportunities for those working in foodservices. We supported two people attending the 38th National Institute of Hospitality in Healthcare conference Brisbane 2022.

The development of the corporate sponsorship program continues to provide the foodservice industry the opportunity to support the NACi and be part of research programs. NACi is building strong partnerships with the foodservice industry to be involved with research.

We have worked over a couple of months to pulled together Victus Foodservice Research Group. A national and international group of foodservice research working across the foodservice sectors. This group will be delving into research, foodservice system, collaborate and

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 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

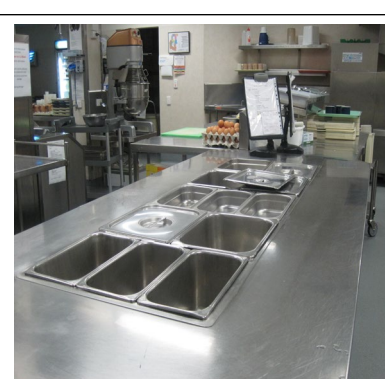
The Nutrition and Catering Institute (NACi) is a non-for-profit research charity and uniquely uses foodservice systems to support the wellbeing and health of those in care and those providing care across the foodservice sectors

Foodservice Sectors

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

**NACi Four
Pillars of
Operations**

**Research
Innovation
Skills
Opportunity**



NACi Four Pillar Outcomes 2021-2022

Research

“More than just a meal “ project ongoing with Meals & Wheels

Innovation

Develop a free online library – opening the information flow to enable all workers in foodservice to access information

Development of the Victus Foodservice Research Group – national and international collaboration

Development of the Victus Foodservice Magazine

Development newsletter

Skills

Scholarship programs enable foodservice workers to attend the IHHC conference 2023

Library continues to build with resources to support the education and skill to both workers and academics in foodservice

Opportunity

Provided scholarship contract working opportunities to foodservice dietitians for the IHHC conference

Successfully awarded and Aged Care Research & Industry Innovation (aria) Grant for “More Than Just a Meal” started in March 2023. The awarded amount for this grant was \$180,000.

Unsuccessful in a second Aiira grant for exploring workforce issues in aged care services. We are now working toward sourcing private funding to enable this project to be undertaken.

Projects completed

Aged care – food fortification and foodservice system strategies

Pilot project for “More Than just a Meal – (completed 2022)

Projects ongoing

Aged care – increasing choice and foodservice systems

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

More than just a Meal

Development of a foodservice tool to evaluate the meal preparation system

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

Publications to Academic Journals

Challenges facing residential aged care homes to participate in quality food and nutrition research

The challenges facing residential aged care homes to participate in quality food and nutrition research

Danielle Cave ¹, Karen Abbey ¹, Sandra Capra ¹

Affiliations + expand

PMID: 36752077 DOI: 10.1111/jhn.13154



1 Academic papers



2 Grants submission

More than just a meal project

We secure an Ariia grant this year in conjunction with Meals on Wheels Queensland to undertake further research on the “More Than Just a Meal” Project. The project is designed to use the meal delivery system to undertake a wellness check and reduce social isolation in the community. Often the elderly at home do not a lot of social contact and become isolated. Meals on Wheels volunteers can be the only social contact people have. The project involves training volunteers to have lunch with clients receiving Meals on Wheels. While having lunch undertake a wellness check and an opportunity for the elderly in the community to increase social interactions.

The project explores whether this type of service could be integrated into delivery in Meals on Wheels. Does this service support the community's well-being and reduce social isolation? Is this service clients or families would pay to increase social engagement with the elderly living at home? The project takes several measures and collects field notes to develop a business model. Several Meals on Wheels services have joined in the research across Brisbane. The project is scheduled to Finish in May 2024.

Working through foodservices to improve the well-being of the community



NACi partners and supporters

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 Gold Sponsors NACi Bronze Sponsor



NACi Marketing

The NACi continues to develop marketing strategies to continue the growth of capacity and research. Strategies include running an end of year donation drive, increasing our reach through LinkedIn, supporting our corporate sponsorship package to build strategic alliance for both the corporate and care sector.

Developing the Victus Food Research Group. NACi uses LinkedIn, Victus Foodservice Magazine, and our Newsletter to keep everyone informed. This will be NACi our main information platforms to promote the library, projects, and research. To sign up for our newsletter <https://nacinstitute.com.au/>

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 🌐 www.nacinstitute.com.au

NACi is developing its own Foodservice Papers to promote small project in foodservices, write them up to share the information and practical takeaways. These papers will use data and research to highlight aspects of foodservices to increase skill development. We are also loading up abstracts onto the library.

NACi Scholarship Program

IHHC Conference November 2022



The Nutrition & Catering Institute attended the National Institute of Hospitality in Healthcare (IHHC) conference November 2022. We had two scholarship winners.

Narmada Oogathoo McKenzie Aged Care Group
Jan Solovic Hospitality Manger Royal Freemasons Benevolent Institute



The NACi Scholarship program is designed to provide those working in foodservices with the opportunity to attend the IHHC 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 IHHC Committee to provide scholarships in the way of increasing registration. We met all our scholarship holders during the conference and know that our program is helping to support those in food service.

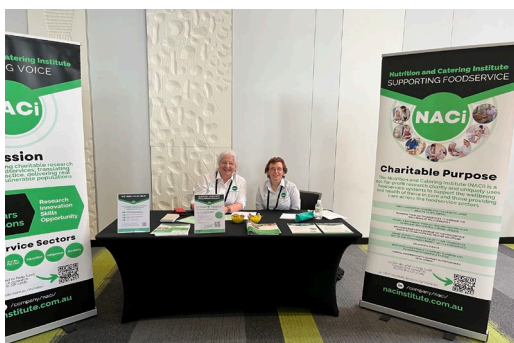


The NACi attending trade show also allowed crucial networking with the food service industry and helped to promote research in food services to support our mission to translate food service science into practical application.

“This a great opportunity; thank you to the NACi; the conference was informative and educational” Jan

“The Scholarship helped me to attend, and I am grateful for the support from NACi” Narmada

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



SPC Care Gold Sponsor and supporter to NACi

Finance Report (2022-2023)

The financial year ending 30 June 2023, was a successful year for NACI, with a surplus from ordinary activities before tax of \$ 7,840 (prior year \$ 1,459). This report aims to provide a comprehensive overview of our financial performance and emphasize the crucial role that donations and grants play in achieving our mission outcomes.

Financial Overview:

Our total revenue for the year amounted to \$ 29,550, with expenses totalling \$ 21,710. This balance reflects NACI's commitment to fiscal responsibility and prudent financial management.

Mission Outcomes:

The successful realization of our mission is directly tied to the financial support we receive. Donations and grants are the lifeblood of our organization, enabling us to fund vital programs, initiatives, and projects that directly impact the communities we serve.

1. Program Funding:

Donations and grants are instrumental in funding our core programs. These funds directly contribute to the implementation of projects illustrated in this Annual Report, the financial support we receive is the catalyst for making a difference.

2. Capacity Building:

Financial support allows us to invest in our organizational capacity. This includes staff training, technology upgrades, and operational improvements. A well-equipped and skilled team is essential for efficiently delivering our services and maximizing the impact of every dollar donated. Growing our financial reserves is an essential part of ongoing success.

3. Sustainability Initiatives

Donations play a vital role in ensuring the long-term sustainability of our projects. By securing grants for specific programs and fostering ongoing donor relationships, we can plan, reducing dependency on short-term funding and creating a more stable financial organisation.

Recognition and Gratitude:

We extend our deepest gratitude to all our donors, sponsors, and grantors who have supported NACI throughout the year. Your generosity has a direct and lasting impact on achieving charitable purpose, and we are immensely grateful for your current and ongoing, commitment to our mission.

Transparency and Accountability:

We remain committed to maintaining the highest standards of transparency and accountability in financial reporting. Our special purpose financial statements were compiled by Michale Carroll & Associates, ensuring that our stakeholders can trust in the accuracy and integrity of our financial information. NACI is also able to comply with the requirements of the Australian Charities and Not-for-profits Commission.

In conclusion, the success of NACI is intrinsically tied to the financial support we receive. As we look toward the future, we remain optimistic about the positive change we can create with the continued generosity of our donors and the support of our community.

David Fisher
Board Director