

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

on the pages

**Tsebo Catering's commitment to ESG leadership:
driving sustainable solutions across Africa** **02**
IN THE SPOTLIGHT

**Gen Z trends in the catering industry:
what you need to know** **08**
TRENDS AND INSIGHTS

Introducing the Tsebo Nutrition Manifesto **10**
FROM OUR DIETITIAN

Sweet or not? The truth about sugar and sweeteners **12**
FROM OUR DIETITIAN

Recipes from our Chefs **14**
GUILT-FREE INDULGENCE

What have we been up to? **24**
REGIONAL ROUND UP



TSEBO
50+
YEARS
SINCE 1971

ISSUE 18
OCTOBER 2024
www.tsebo.com

TSEBO

TSEBO CATERING'S COMMITMENT TO ESG LEADERSHIP: DRIVING SUSTAINABLE SOLUTIONS ACROSS AFRICA



Tsebo Catering is a leader in sustainability across Africa's catering industry, integrating environmental, social, and governance (ESG) principles into every aspect of its operations. Through innovative practices, Tsebo is committed to minimising environmental impacts, uplifting communities, and maintaining the highest standards of ethical governance. Our people-first approach, combined with a steadfast commitment to local environments, drives us to create positive global and local sustainability outcomes.



WYNAND LOUW
CEO, Tsebo Catering Solutions

Environmental impact: responsible supply chain and waste reduction

At Tsebo Catering, responsible sourcing and waste reduction are at the core of our environmental strategy. Our dedication to building a sustainable supply chain and reducing waste has resulted in substantial environmental benefits.

Responsible supply chain

Our supplier development initiatives aim to localise supply chains, support sustainable sourcing, and reduce environmental impacts, all while upholding transparency and ethical production.

- 96% of fats and oils are sourced from RSPO certified suppliers, showing a 43% improvement from our 2022 baseline.
- 73% of tea and coffee is sourced from Rainforest Alliance certified partners, with plans to increase this to 75% by the end of 2023.
- 92% of seafood is sourced from the SASSI Green List, contributing to the sustainability of local fishing communities and the protection of marine species.

Additionally, we hosted the Festival of Fusion and Flavour, which celebrated sustainable culinary practices and innovative menu creations, displaying our commitment to ethical food sourcing and responsible supply chain management.

Waste reduction and circular initiatives

Tsebo Catering leads with innovative approaches to waste management. From recycling used cooking oil to reducing food waste, we have made significant strides.

- More than 47,530 litres of used cooking oil recycled across our catering operations.
- The Food Waste to Fertiliser Project in Côte d'Ivoire has produced over 4 tonnes of fertiliser since 2021, supporting over 350 smallholding farmers annually.
- Our Zero-Waste-to-Landfill Initiative in Zimbabwe reduced catering waste from 80 tonnes to 1 tonne, with the goal of achieving zero waste to landfill.
- In Burkina Faso, our eco-friendly charcoal initiative trains women in sustainable charcoal production using food waste, preventing more than 500 kg of waste from going to landfills each month.

Social impact: empowering local communities through skills development

Tsebo Catering plays a vital role in promoting inclusive economic growth and providing skills development opportunities for local communities, thereby uplifting the economies in which we operate.

Phakiso enterprise and supplier development programme

Tsebo's Phakiso Programme continues to drive enterprise development, focusing on equipping small, local businesses with the skills and resources to succeed. One success story is Mosh Enterprise, a 100% Black-owned small business that supplies meat products, specialising in portioning and distributing to local clients, including Tsebo-operated kitchens. Through our support:

- employee training enhanced skills in safety, customer service, and business management
- driver salary support during peak seasons improved operational efficiency and profit margins

Last Drop Juice: the juice that is worth the squeeze

Another success story is Last Drop Juice, a 100% Black-owned business that produces nutritious fruit juice blends from locally sourced produce. Through Tsebo's market access and support, Last Drop Juice achieved:

- growth in profits and a new manufacturing facility to meet increased demand
- sustainable income streams, creating opportunities for future business expansion



Mandela Day initiative

In 2023, Fedics Catering and Thorburn Security Solutions collaborated to donate essential resources to the Schola Amoris Special School for children with special needs. Their contribution provided a six-month greenhouse tunnel to teach agricultural techniques to the learners, along with various goods, including:

- R10,000 donation to promote hands-on learning and skills
- 360 beanies to keep the learners warm
- 300 portions of breyani and 100 Vienna rolls
- 400 containers, serviettes, and spoons
- 350 cupcakes, 400 bottles of juice, 400 bottles of cooldrink, and 400 packets of chips and sweets
- 1 school garden sign, marking the new agricultural project

Training and internship programmes

- **Barista Skills Programme:** Over 60 employees have graduated from this SETA-accredited training, supporting the expansion of our beverage solutions.
- **SMME Development Programme:** 22 small businesses have been trained, 8 of which are catering-specific, to increase job creation and economic participation.
- **GCRA Internship Programme:** More than 300 interns received culinary training, empowering them with essential skills for the hospitality industry.

Governance: upholding the highest ethical standards and ISO certifications

Governance is a cornerstone of Tsebo Catering's commitment to excellence. Our leadership team ensures the highest standards of ethical governance across all operations, guided by strict policies that support transparency, accountability, and sustainability.

ISO certifications

Tsebo Catering proudly adheres to global standards that guarantee our commitment to quality, safety, and ethical governance:

- **ISO 45001:2018 (Occupational Health and Safety):** ensures the safety and well-being of our employees in the workplace
- **ISO 22000:2018 (Food Safety Management):** demonstrates our strict adherence to international food safety standards, ensuring the highest levels of hygiene and quality in all our catering operations

Ethical practices and anti-corruption policies

We maintain a zero-tolerance policy for bribery and corruption, supported by our:

- Anti-Bribery and Anti-Corruption (ABAC) Policy
- Gifts and Entertainment Policy
- Whistleblower Policy and Procedure

Our governance framework, aligned with the UK Bribery Act and the South African Prevention and Combating of Corrupt Practices Act, ensures transparency and integrity in all aspects of our business.



Good corporate governance performance

- 80% Black directorship, with 40% female representation at board level, ensures that our leadership reflects our commitment to diversity and inclusion.
- QHSE training interventions have surpassed more than 275,590 completions, demonstrating our dedication to quality, health, safety, and environmental best practices.

Group-wide performance highlights

As part of Tsebo Solutions Group, Tsebo Catering benefits from group-wide initiatives that reinforce our commitment to sustainability:

- R3 million invested in enterprise and supplier development initiatives, empowering local businesses.
- Tsebo Solutions Group ranks among the Top 20 companies to work for in South Africa, certified by the Top Employers Institute for creating a high-performance culture.

Through these efforts, Tsebo Catering Solutions continues to lead the catering industry toward a more sustainable, ethical, and socially responsible future, reinforcing our role as a powerful force for good across Africa.

2023 Sustainability Report launch

We are honoured to share the new milestones achieved in our sustainability journey. We are pleased to announce the publishing of our second sustainability report, ensuring we remain focused on being a powerful force for good and accelerating our environmental, social and governance (ESG) initiatives.

As we celebrate our achievements in this report and plan ahead, it is clear that the potential of what we can achieve together is inspiring. A big thank you to each of you who contributed to our fantastic results.

While there is always room for improvement, our collective efforts are building on our legacy of sustainability, uplifting society, and ensuring prosperity for generations to come.

View the full report:



Watch the highlights video:



GEN Z TRENDS IN THE CATERING INDUSTRY: WHAT YOU NEED TO KNOW

As the dining landscape continues to evolve, a critical demographic that every catering professional must focus on is **Generation Z (Gen Z)**. Characterised by their tech-savvy nature and preference for fast, convenient service, Gen Z is reshaping how restaurants and catering services operate. The 2024 Gen Z Diner Trends Report offers a wealth of insight into their preferences and spending habits, particularly those relevant to catering. This article delves into some of the key findings of the report and their implications for the catering industry.



Fast casual dining and convenience matter

Gen Z strongly prefers fast-casual dining, with 34% favouring this quick, convenient option over leisurely dining. To appeal to this fast-paced group, catering services should offer efficient, quality service. Technology also plays a vital role; Gen Z embraces app-based ordering and mobile payments. Caterers can enhance convenience with QR code menus, online ordering, or self-service kiosks to improve the guest experience.



The role of social media

Social media is a powerful tool for reaching Gen Z. The report finds that 67% of Gen Z diners discover new restaurants via social media, and 52% make dining decisions based on positive feedback they encounter online. For catering companies, maintaining a vibrant and visually appealing social media presence is essential. Posting high-quality images and videos of catered events, engaging with followers, and partnering with influencers can enhance visibility and attract Gen Z clients.

Value and personalisation in offerings

Gen Z is willing to spend on dining but remains price-sensitive, with 40% deterred by price increases. Flexible, value-based pricing is essential to attract this demographic. Additionally, Gen Z values personalised dining, with 42% participating in loyalty programmes. Catering companies can boost loyalty with custom event packages, exclusive deals, and tailor-made menus for dietary preferences like vegan, gluten-free, or keto options, appealing to the 65% who seek diet-specific choices.



Speed of service and accurate orders

Speed remains one of the biggest factors influencing Gen Z's dining choices, with 93% indicating that it is crucial in their decision making. For caterers, ensuring quick and efficient service during events is vital, particularly for high-volume gatherings. Gen Z also expects accuracy in service, with 28% listing inaccurate orders as their biggest frustration when ordering takeout or delivery. This reinforces the need for careful attention to detail in event planning and execution, ensuring all guest needs are met promptly and accurately.



Health and sustainability consciousness

Gen Z values health and sustainability, with 88% preferring restaurants using locally sourced ingredients. Caterers can appeal to them by showcasing eco-friendly practices like local sourcing and waste reduction. Health-conscious options are also important, with diverse, diet-friendly menus aligning well with Gen Z's priorities.



Conclusion

Understanding and adapting to Gen Z's unique preferences can provide catering companies with a competitive edge in today's market. As the 2024 Gen Z Diner Trends Report reveals, this generation values convenience, personalisation, sustainability, and speed. By aligning catering services with these preferences, operators can build a loyal customer base and thrive in an ever-evolving industry.

INTRODUCING THE TSEBO NUTRITION MANIFESTO

At Tsebo, we're on a mission to make healthy eating second nature. With our Nutrition Manifesto, we're raising the bar on how we approach food—keeping it fresh, wholesome, and packed with all the good stuff your body craves. This isn't just about what's on your plate—it's about creating lasting change that empowers you to live well, feel great, and stay healthy.

Our Nutrition Manifesto is more than a set of guidelines—it's our promise to you. From reducing sugar and salt to championing sustainable sourcing, we're committed to making nutritious choices the easiest, most delicious part of your day. Because at the end of the day, food should not only taste great—it should be great for you, too.

OUR NUTRITION MANIFESTO

At Tsebo, we believe that eating healthy does not have to be boring.

We are here to make sure your food not only tastes great but does great things for your body and your mood.

Healthy eating should come easy.

You have got enough to think about—what to eat shouldn't add stress to the mix.

OUR MISSION

We serve up the good stuff

Fresh veggies? Check. Whole grains? Absolutely. Responsibly sourced fish? Our oceans will thank you.

We keep it real

Processed junk? Not on our watch. We prefer unprocessed, unpeeled, and undeniably tasty ingredients.

More of the good fats, less of the bad stuff

Think avocado, nuts, and seeds—basically, all the things that make your heart and brain do a happy dance.

Sugar and salt? We are cutting the cord

Less sugar, less salt, more life. We are serious about this—you might not even notice it's gone (promise).

OUR TEN COMMANDMENTS

- 1. Healthy first:** We aim to put the nutritious stuff front and centre. No excuses.
- 2. Eat your veggies:** Fresh, colourful, and unpeeled—because who has time to peel anyway?
- 3. Go fish (sustainably):** We follow the rules of the ocean. Twice a week, responsibly sourced fish is on the menu.
- 4. Whole grains or no deal:** If it's white, it ain't right. Whole grains are where it's at.
- 5. Beans, pulses, and the good gut stuff:** Fibre makes you full, happy, and just a little bit smug.
- 6. Good fats rule:** Avocados, nuts, seeds, oily fish—you know the drill. Good for your heart, good for your life.
- 7. Lean and mean protein machine:** Only the leanest cuts of meat for you, because you deserve better than processed.
- 8. Less sugar, more flavour:** Your body doesn't need all that sweetness—trust us, you'll be just fine.
- 9. Flavourings are the new salt:** We are taking it down a notch. No MSG here either—we know you're better than that.
- 10. Make it easy, make it fun:** We make healthy eating so simple, you might even forget it's good for you.

The bottom line?

We are not just here to feed you—we are here to fuel your body, soul, and everything in between. And yes, we want you to feel good about it too.

SWEET OR NOT? THE TRUTH ABOUT SUGAR AND SWEETENERS

The World Health Organization (WHO) has released new guidelines advising against the use of non-sugar sweeteners (NSSs) for weight control or reducing the risk of diabetes, heart disease, or cancer. These sweeteners, such as aspartame, acesulfame K, advantame, saccharin, sucralose, stevia, and stevia derivatives, are popular sugar alternatives but may not be as beneficial as they seem.



ANNELIZE ZEELIE
Tsebo Catering Solutions
Dietitian

Looking for a sweet treat without the sugar? Try our delicious, no-sugar recipes that won't leave you feeling guilty!

The WHO's recommendation is based on a review of 283 studies across various populations, including adults, children, and pregnant women. While short-term NSS use might lead to small reductions in body weight and body mass index (BMI), there are no significant long-term benefits. In fact, extended use of NSSs could be linked to undesirable outcomes, including an increased risk of Type 2 diabetes, cardiovascular disease, and, potentially, all-cause mortality. For cancer risk, there's a possible connection between saccharin and bladder cancer, though evidence remains inconclusive for other types of cancer. Research on children is sparse, and findings for pregnant women suggest a higher risk of preterm birth and adiposity in their children.

Time to rethink sugar reduction

Replacing free sugars with NSSs does not support long-term weight control, as studies show. Instead, the WHO advises choosing natural sources of sugar, like fruit, or opting for unsweetened foods and drinks. NSSs are not nutritionally beneficial and should be considered carefully, especially given their conditional approval in the new guidelines.

What's next for sweetener use?

Rather than turning to NSSs, the WHO suggests healthier alternatives for reducing sugar intake, such as:

- choosing foods with naturally occurring sugars like fruits
- opting for water, milk, herbal teas, or kombucha instead of sugary drinks or alcohol

Understanding aspartame's 'possibly carcinogenic' label

Aspartame has been classified as 'possibly carcinogenic' based on limited evidence of cancer in humans. Other substances in this Group 2B classification include aloe vera leaf extract, gasoline, and chloroform. The acceptable daily intake (ADI) for aspartame is 40 mg per kilogram of body weight, meaning a 60 kg woman would have to consume about 13 cans of diet soda to exceed the ADI. The average consumption, however, is much lower, around 1.7 mg per kilogram.

Rawmisu

This healthy take on the classic Italian dessert swaps refined sugar and cream for chia seeds, prunes, and cacao.



Ingredients

150 g	Pitted prunes, chopped
60 ml	Marsala or fortified wine
125 ml	Espresso
2 Tbsp	Cacao, plus extra to dust
1 Tbsp	Freshly ground coffee
80 ml	Rice malt syrup, melted
80 g	White chia seeds
400 ml	Coconut milk
2 tsp	Vanilla extract
40 g	Cacao nibs

Method

1. Soak prunes in Marsala and espresso for 3 hours.
2. Combine cacao, ground coffee, rice malt syrup, chia seeds, and coconut milk. Chill for 3 hours.
3. Mix vanilla, rice malt syrup, and chia seeds separately, and chill.
4. Layer prunes, vanilla chia mousse, and chocolate chia mousse in serving glasses. Dust with cacao and sprinkle with cacao nibs.



Ricotta cheesecake with roasted blueberries

This crustless ricotta cheesecake uses no refined sugar, making it a guilt-free dessert.

Ingredients

250 g	Cream cheese, softened
225 ml	Maple syrup
2	Eggs
1	Orange, zest and juice
1 Tbsp	Cornflour
1 Tbsp	Ground cinnamon
1 kg	Fresh Ricotta cheese
1	Vanilla bean, split, seeds scraped
250 g	Blueberries
75 g	Roasted hazelnuts, chopped

Method

1. Preheat oven to 180°C. Beat cream cheese, maple syrup, eggs, zest, cornflour, cinnamon, and Ricotta cheese until smooth.
2. Bake in a dish for 40 minutes until golden. Cool and chill for 3 hours.
3. Roast blueberries with orange juice and maple syrup. Serve over cheesecake with hazelnuts.

Choc-raspberry chia brownies

These nutrient-rich brownies are naturally sweetened with dates and maple syrup.



Ingredients

20	Medjool dates, pitted
1 tsp	Bicarbonate of soda
185 ml	Maple syrup
125 g	Unsalted butter, chopped
85 g	Cacao powder
80 g	Ground chia seeds
85 g	Coconut flour
2	Eggs
3	Gelatine leaves
375 g	Raspberry chia jam or raspberry jam

Method

1. Preheat oven to 160°C. Simmer dates in water with bicarbonate of soda for 10 minutes, then blend.
2. Add maple syrup, butter, and blend until smooth. Stir in cacao, ground chia, coconut flour, and eggs.
3. Bake for 25-30 minutes, cool, then add warmed raspberry jam mixed with gelatine. Chill for 2 hours.

Paleo banana bread

This guilt-free banana bread is perfect for breakfast or any time of day.

Ingredients

3	Ripe bananas
125 ml	Maple syrup
1 tsp	Vanilla bean paste
1½ tsp	Ground cinnamon
½ tsp	Bicarbonate of soda
125 ml	Coconut oil, softened
3	Eggs
110 g	Coconut flour
100 g	Almond flour
1 tsp	Baking powder
50 g	Pecan nuts, chopped

Method

1. Preheat oven to 160°C. Mash bananas with maple syrup, vanilla, cinnamon, and bicarbonate of soda.
2. Beat coconut oil and eggs, fold in flour mixture and nuts.
3. Bake for 55 minutes. Serve with extra maple syrup and cinnamon.

Watermelon granita with coconut and cashew cream

Light and refreshing, this guilt-free granita is the perfect summer dessert.



Ingredients

750 g	Watermelon flesh
150 g	Raw cashews, soaked overnight
100 ml	Coconut cream
4	Medjool dates, pitted
1 tsp	Vanilla bean paste

Method

1. Blend watermelon, sieve, and freeze into ice crystals, scraping every two hours.
2. Blend cashews, coconut cream, dates, and vanilla. Drizzle over the granita and serve.



WHAT HAVE WE BEEN UP TO?

A legacy reimaged: the new era of Randjes Estate

By André Myburg – Regional Executive Chef

Conceived in 1936 as a living memorial to the Rand Pioneers, the pioneers of the Transvaal goldfields, and to commemorate Johannesburg's Fiftieth Jubilee, Randjes Estate was originally named Randjeslaagte. Today, the 42-acre site has been awarded architectural legacy status by the Johannesburg Heritage Foundation. A visit to the garden village offers a glimpse into the rich history of Johannesburg post-1936.

The estate is now home to the newly inaugurated living lifestyle centre, and Fedics proudly played a key role in its prestigious opening. The centre boasts magnificent gardens, fishponds, a pottery studio, a heritage museum, and carefully curated décor reflecting the estate's heritage.

At the heart of the centre is the new Bistro, featuring the Perk Up coffee shop, which offers an à la carte menu with a standout sharing platter created by Chef André, a massive hit with visitors. The Bistro also serves a hot buffet on Wednesdays and Sundays, ideal for family gatherings and friendly get-togethers. Adjacent to it is Top Up, a convenience store stocked with everyday essentials, including Fedics' own range of homemade products.

With 11 highly trained front-of-house staff, guests are treated to a refined dining experience, complete with branded leather folders, quality napkins, and an atmosphere of understated luxury. Randjes Estate has truly embraced a fresh, innovative spirit, and Fedics is thrilled to be part of this exciting new chapter.



Raising the bar: empowering excellence with the Hostess Skills Programme

Two years ago, Chrize de Jager, our National Front of House Manager, launched *The Front of House Handbook* to unify and elevate service standards across the Healthwise division. This initiative has delivered exceptional results, guiding our teams in delivering top-tier service at every level.

Now, Chrize, alongside the Learning and Development Department, has taken this one step further. After a rigorous effort, most of the handbook's content has been accredited, paving the way for the introduction of the *Hostess Skills Programme*.

We are proud to announce the enrolment of around 70 front-of-house staff into this impactful programme. In the coming weeks, these staff members will embark on a journey of growth, and upon successful completion, they will earn a prestigious NQF Level 2 qualification.

At Fedics, we believe in empowering our people and driving them to achieve excellence. This programme is a testament to that mission, creating opportunities for our staff to thrive and raise the bar even higher.



Chrize de Jager
National Front of House Manager



Ann Harding Market Day: a successful fundraiser

By Karla Brice – Business Development Manager

On 28 July, Ann Harding Home hosted their annual Market Day fundraiser, featuring over 100 stalls displaying beautiful handmade crafts, delicious food, live music, and a beer garden. Fedics proudly hosted a vetkoek and mince table, which proved to be a massive hit with attendees. This day plays a crucial role in raising much needed funds for the home, as many residents rely on these contributions to cover their expenses. We are incredibly proud to partner with Ann Harding Home on an ongoing basis, providing their residents with delectable meals and being part of their family. Our partnership with Ann Harding Home is one we truly cherish, and we look forward to supporting them for years to come.

WHAT HAVE WE BEEN UP TO?

Healthwise celebrates landmark success with seven new hospital openings

On 1 August, Healthwise proudly opened five Joint Medical Holdings (JMH) hospitals and a wellness hospital in KwaZulu-Natal (KZN), followed by another JMH hospital in September. This milestone achievement marks a major win for healthcare services in the KZN region.

In a true show of teamwork, the entire support team from Johannesburg travelled to KZN to assist with the launches. Under the expert leadership of Managing Director, Julie Mason, the teams worked tirelessly, often late into the night, to ensure every detail was perfect for the grand openings. Prior to the launch, comprehensive inductions were held for all new staff, alongside rigorous front-of-house training to uphold the high service standards that only Fedics can deliver.

On our very first day, we served 1,195 meals and successfully opened four coffee shops within the hospitals. The response from clients has been overwhelmingly positive. They praised the seamless transition and expressed great satisfaction in choosing Healthwise as their new service provider, highlighting the exceptional quality of care and service. With this success under our belt, the Healthwise team is positioned to secure even more contracts in the coming year, ready to continue delivering outstanding healthcare services.



A rising tide lifts all ships!

By Dereck Nair – Regional Executive Chef KZN

In September, the highly anticipated launch of Team KZN took place, marking a pivotal moment for the region and the company as a whole. KZN Regional Chef, Dereck Nair, led the charge with his visionary plan to bring together top talent from both the Culinary and Operations teams. The goal? To future-focus and align with a shared vision of sustainable growth and progress.

How are we achieving this?

- Recognising talent potential
- Acknowledging efforts
- Rewarding loyalty
- Initiating succession planning

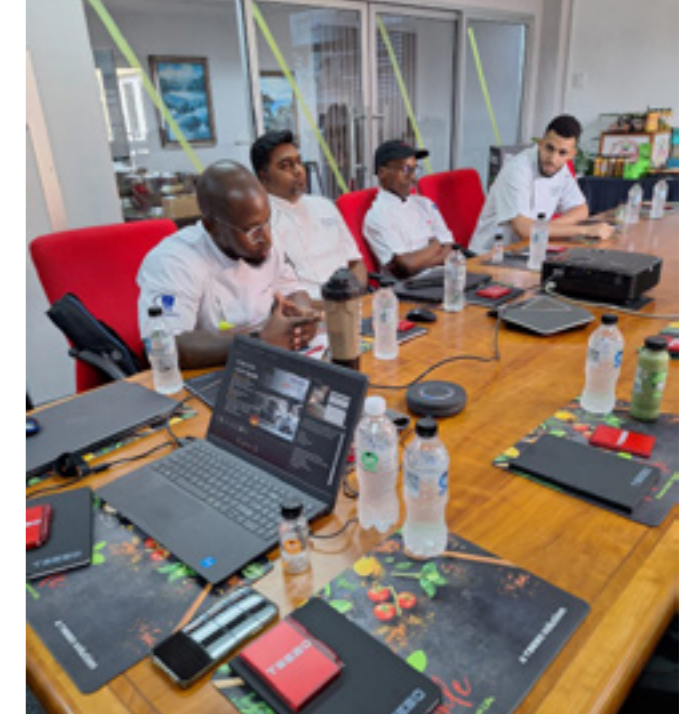
Without a proper succession plan, there can be no true progress, and Team KZN is committed to ensuring that progress never stagnates.

Mandate, purpose, and vision

If you cannot visualise it, you cannot achieve it! This philosophy drives our regional-specific goals, focused on:

- setting sector-specific standards that align with the challenges we face
- creating a combined forum for both Culinary and Operations teams to collaborate and innovate for the future
- developing a network for resource training and development
- building a skilled team ready to roll out and implement new business plans
- offering a platform for junior staff to contribute to product development, ensuring generational continuity
- fostering sector pride, loyalty, and accountability, all while planning for future leadership
- coaching and motivating teams with a 'coach the coaches' approach
- implementing a staff retention strategy
- deepening our community involvement through CSI initiatives in KZN

The launch event, held at the newly renovated KZN regional head office, featured newly appointed Culinary Director, Oliver Reddy, who delivered an inspiring keynote speech. The event also displayed an exciting collaboration between segments, with teams joining forces to excite and delight our clients.



Thanks to our loyal suppliers, we also enjoyed a mini roadshow displaying innovative products. Special thanks to Sir Fruit for their extensive range of smoothies, juices, cordials, and kids' products, to Bidfood for their contributions, and to Château Gâteaux for presenting their new 18 cm cake range and delightful flavours.

We are already reaping the rewards of this teamwork, and we look forward to sharing many more successes as Team KZN continues to build momentum.

The future is now! Will you participate or spectate? In KZN, we make it happen!

WHAT HAVE WE BEEN UP TO?



A day of appreciation: Admin Day at Lenmed Howick

By Chef Luke Reddy – Coastal Regional Chef, Healthcare

The sunny Midlands provided the perfect backdrop for Admin Day at Lenmed Howick, where the spirit of appreciation was in full bloom. This special day was all about recognising the hard work and dedication of not just the internal team but also all outside service providers, making it a memorable occasion for everyone involved.

Our client took the opportunity to show heartfelt gratitude to both the catering and cleaning teams for their unwavering commitment to the site.

It was truly heartwarming to witness the recognition of their hard work and contributions. With plenty of treats on offer, the day was filled with smiles and happy customers, as everyone enjoyed a well-deserved celebration.



A proud milestone: our first healthcare coffee shop in the Western Cape

By Chef Luke Reddy – Coastal Regional Chef, Healthcare

It was a moment of great pride as Team Healthcare successfully launched the Simply Pure coffee shop at Akeso Milnerton, marking our first official healthcare coffee shop in the Western Cape. The event was a showstopper, with all Akeso Hospital managers and regional executives from Gauteng in attendance. Expectations were high, but Team Healthcare Cape Town rose to the occasion, exceeding every client and customer expectation with flair and excellence. A huge well done to *Team Healthcare* for their outstanding work!



JMH team shines: a heartfelt appreciation

Following the successful opening of the JMH group hospitals, we wanted to find a special way to welcome all the new additions to our Tsebo family and show our gratitude to our existing team members for their unwavering commitment and hard work. Their dedication and speed in ensuring a seamless launch for the JMH group were nothing short of stellar. We are truly grateful for their remarkable efforts.

WHAT HAVE WE BEEN UP TO?

CELEBRATING WOMEN: A REVIEW OF RESIDENTIA LIFE'S EMPOWERING FUNDRAISING EVENT ON WOMEN'S DAY

On a day dedicated to celebrating the strength, achievements, and potential of women, Residentia Life, in collaboration with Tsebo and other esteemed sponsors, hosted a memorable fundraising event that left a lasting impact. Held on Women's Day, this gathering brought together 100 remarkable women for a day of inspiration, recognition, and community spirit.



An event to remember

The event, set against the backdrop of Duck & Dines elegant venue, was more than just a fundraiser, it was a celebration of womanhood in its truest sense. The atmosphere was electric with excitement as guests arrived, each greeted with a sense of anticipation for what the day would bring. The highlight of the event was undoubtedly the presence of Elvira Joubert, the dynamic owner of Crowned International. As the main speaker, Joubert captivated the audience with her empowering words and compelling vision. Her speech was a powerful testament to the strength and resilience of women, resonating deeply with everyone in the room. The event was a resounding success, bolstered by Tsebo's sponsorship of a delectable harvest table that featured an array of culinary delights prepared by regional chef André. His expertise not only tantalised taste buds but also set the stage for a morning of indulgence and enjoyment. The highlight of the culinary offerings was a grand prize sponsored by André himself: a luxurious three-course dinner for four, to be hosted in the winner's home. This generous gesture added an extra layer of excitement and engagement to the day's festivities.

A crowning achievement

True to the spirit of the occasion, every woman who attended was given a special tiara, symbolizing not only their unique contributions but also the collective strength of women as a whole. The tiaras were more than just beautiful accessories; they were a tribute to each attendee's personal journey and accomplishments. The gesture was a touching reminder of the intrinsic value and dignity that each woman brings to the world.



WHAT HAVE WE BEEN UP TO?



A day of impact

Adding to the event's allure were the meticulously crafted goodie bags, made by the NPO Shalom and sponsored by Tsebo. These bags were brimming with pampering items designed to celebrate and honour each woman in attendance. The thoughtful selection of items reflected the event's theme of appreciation and empowerment, ensuring that every guest left feeling valued and cherished.

A standout feature of the day was the show-stopping crown cake, expertly crafted by Tsebo supplier 180 Degrees. This impressive cake, symbolizing the regal spirit of the occasion, was auctioned off along with other splendid gifts. The excitement surrounding the auction underscored the community's enthusiasm and generosity, contributing significantly to the event's fundraising success.

The fundraising efforts on this special day were a significant success, thanks to the generosity of the sponsors and the enthusiasm of the attendees. The funds raised from this remarkable event were directed towards Residentia Life's new palliative and restorative care unit. This new initiative promises to offer essential support and comfort to those in need, reflecting the event's deeper mission of making a meaningful difference in the community. The collaboration between Residentia Life, Duck & Dine and Tsebo, together with numerous other sponsors demonstrated a powerful constructive collaboration. Their combined efforts created a seamless and impactful experience, displaying their commitment to supporting the elderly in need of care.

Reflections and future outlook

As the event concluded, it was clear that the day successfully honoured women and made a meaningful difference for those in need. The sense of community, empowerment, and celebration was palpable, leaving attendees inspired. This event highlighted the crucial role gatherings like these play in fostering solidarity and driving positive change. The collaboration between Residentia Life and its partners set a high standard for future events, showing that with passion and commitment, we can make a real impact.

A special thank you to Lelanie Rooseboom, our dedicated District Manager, for her instrumental role in organizing and securing funds for the Celebrating Woman Event.

WHAT HAVE WE BEEN UP TO?

CHEF OF STEEL 2024: TsAFRIKA'S CULINARY SHOWDOWN OF THE YEAR

The Chef of Steel competition was the crowning event of TsAfrica's 2024 calendar, captivating the culinary world with its intense, two-month battle across three regions. A total of 44 hopefuls embarked on this journey, but only one could claim the title of Chef of Steel.



The contest began in July with three exciting heats, each celebrating a distinct culinary theme:

Heat 1: "The Alchemy of Soup – Where Culinary Magic Meets Flavour Fusion!"

In this heat, chefs were challenged to turn humble ingredients into bowls of warmth and wonder.

Heat 2: "Master of the Grill – Plate it UP!!"

Fire and flavour took centre stage in this grilling showdown, a love letter to the art of outdoor cooking.

Fierce competition across all regions saw nine talented chefs emerge as finalists:

Johannesburg:

- Rosanna Peterson
- Jean Bagley
- Karabo Tswai
- Prinolan Prince Muthu
- Mbali Tshabalala

KwaZulu-Natal:

- Mbali Gaza
- Sinothile Ncube

Cape Town:

- Bevan Cornelius
- Zwai Moonga

WHAT HAVE WE BEEN UP TO?

The grand finale took place on 22nd August at the prestigious Nestlé Bryanston test kitchen. The final heat, aptly named **“Luck of the Draw – Contemporary Three-Course Plated Meal”**, presented a true test of skill and creativity. Each chef had just three hours to craft a comforting, contemporary three-course masterpiece, designed to dazzle both the eyes and the palate.

The esteemed judging panel featured some of the culinary industry’s finest:

- Chef Kagiso Maswanganye, 2023 *Chef of Steel* winner
- Warren Heyns, supplier to TsAfrika and chef
- Chef James Khoza, president of the South African Chefs Association

The competition drew support from senior management, unit managers, regional chefs, former participants, and proud families. After hours of meticulous judging, MD Nick Madhura addressed the crowd, celebrating the event’s prestige and the extraordinary talents of the contestants.



And finally, the moment everyone was waiting for—the winners:

Third place:

Chef Prinolan Prince Muthu

Second place:

Chef Karabo Tswai

Winner of *Chef of Steel* 2024:

Chef Jean Bagley

A huge congratulations to all the participants for their dedication, passion, and perseverance. This year’s competition has truly showcased the artistry and resilience of TsAfrika’s finest. We can’t wait to see what Chef of Steel 2025 has in store!

