

on the page

Feeding the future: How Tsebo Catering is cooking up sustainability in South Africa IN THE SPOTLIGHT

02

Nutrition and healthy ageing on Radio Helderberg

FROM OUR DIETITIAN

FROM OUR CHEFS

10

What is growing popular, what is fading TRENDS AND INSIGHTS

Spring Recipes

10

What have we been up to? REGIONAL ROUND UP

SINCE 1971

ISSUE 22 SEPTEMBER 2025 www.tsebo.com



In today's world, food is more than nourishment—it's a force for transformation. At Tsebo Catering Solutions we believe that every plate served is an opportunity to uplift communities, protect the environment, and drive inclusive growth.

As part of Tsebo's broader ESG journey, our catering division is proud to contribute to the Group's sustainability achievements. From ethical sourcing and waste reduction to empowering local suppliers and embracing innovation, we're building a future where food service is both responsible and regenerative.

"We don't just serve food—we serve futures. Our kitchens are catalysts for change."

— Wynand Louw, CEO, Tsebo Catering Solutions

Sustainability on the menu

In 2024, Tsebo Catering played a key role in supporting Group-wide sustainability milestones:

- 93% of fats and oils procured from RSPOcertified suppliers—a 40% improvement from baseline
- 86% of seafood sourced from the SASSI green list—supporting ocean health and responsible fishing
- 83% of tea and coffee sourced from Rainforest Alliance-certified partners
- 54,489 litres of used cooking oil recycled converted into biofuel or donated for soapmaking
- 190.5 tonnes of waste diverted from landfill, including food waste and packaging
- Tripled the number of BiobiN composting systems in our kitchens over three years
- 14% reduction in FOMO (Foamed Polystyrene) packaging across catering sites
- Eco-friendly campaign "Look Under Your Plate" launched to promote sit-down meals over single-use containers

IN THE SPOTLIGHT

Local partnerships, global impact

While the following figures reflect Group-wide progress, Tsebo Catering is proud to contribute meaningfully to these outcomes:

- 305 local SMEs supported through the Tsebo Phakiso programme
- R12.9 million invested in enterprise and supplier development
- 30% of procurement spend directed to EMEs and QSEs

Our catering operations are deeply embedded in South African communities. We mentor and upskill small businesses, helping them meet high standards of quality and service excellence, while creating inclusive economic opportunities.

Empowering people through innovation

Tsebo Catering is also embracing digital transformation. In 2024, the Group received global recognition from the Top Employers Institute in the 'Empower through AI' category. Our catering teams benefit directly from this innovation:

- 83,000+ online course completions via our mobile-friendly LMS
- 4.5 scorecard points for training spend against our leviable amount
- 134 learners completed the Professional Cook Learnership
- Additional programmes included Occupational Chef, Food & Beverage, Cook Convenience, Ward Hostess, and Advanced **Customer Care**
- 80% employee sentiment score across the
- Values Champions recognised for embodying integrity, diligence, caring, and enterprising spirit

"Sustainability is not a garnish—it's the main course."





Over the past weeks, Radio Helderberg listeners have been tuning in to an inspiring 12-part series, Boost jou Bord, proudly supported by FEDICS and DSND. Presented by registered dietitian Annelize Zeelie, the series focuses on practical, evidence-based nutrition advice for older adults.

Over the past weeks, Radio Helderberg listeners have been tuning in to an inspiring 12-part series, Boost jou Bord, proudly supported by FEDICS and DSND. Presented by registered dietitian Annelize Zeelie, the series focuses on practical, evidence-based nutrition advice for older adults.

From managing conditions such as diabetes, kidney disease, Parkinson's and dementia, to tackling everyday challenges like dysphagia, hydration, bone health, fall prevention and mood, each episode offers listeners valuable tools to support healthy ageing. Listeners also learn about the vital role of dietitians—not only in creating meal plans, but in improving quality of life through personalised, sustainable nutrition strategies.

An important highlight of the series has been showing how small, mindful dietary changes—like reducing sodium, improving protein quality, staying hydrated, and including pre- and probiotics—can have a big impact on overall wellbeing in later years. With FEDICS and DSND's commitment to excellence in catering and nutrition, this collaboration brings trusted knowledge directly to the community, reminding us all that good food is not just about eating—it is about ageing with strength and dignity.

WHAT IS GROWING POPULAR?

WHAT DOES IT MEAN LOCALLY?

Source: Food Navigator Europe



Food and drinks that do more than just taste good

People want things that help them feel better: gut health, immunity, energy, not just sugar and calories. Yoghurt with live cultures, kefir, drinks with turmeric, and adaptogens are becoming more "normal" — not niche.

Snacking all day

Big meals are getting replaced by smaller eats throughout the day. Protein bars, smoothies, mini-meals — people want something quick, convenient, and satisfying. Maybe because time is tight, or routines are shifting.



- Brands could do well by creating snacks that are both tasty and have benefits (e.g. protein, gut health)
- Restaurants and fast-food outlets might offer more small-plate or snack-style options, rather than only big meals.
- Local flavours (traditional, ethnic, spices) can be emphasised; people might feel more connected to those.
- Sustainable options should be made more affordable, and communication needs to be very clear (so people understand what "sustainable" means, not just vague).
- Alcohol producers and retailers might explore more non-alcoholic or low-alcohol alternatives.
- Nutrition advice and food product offerings that allow balance, flexibility, and whole foods may resonate better than super strict diet plans.



Flavours that pop

Bland isn't enough anymore. People are after bold, interesting tastes. More spices, unusual blends, regional and ethnic flavours — tangy, rich, fudgy — these are catching attention.

WHAT IS FADING?



Drinking less booze

Alcohol is losing ground. Not everyone, but there is a shift: more people are choosing sober options, drinking less, or replacing nights out with gym sessions, and more wellness and health-friendly activities. Also, rising prices of liquor make it a less attractive expense.

Strict diets are less cool

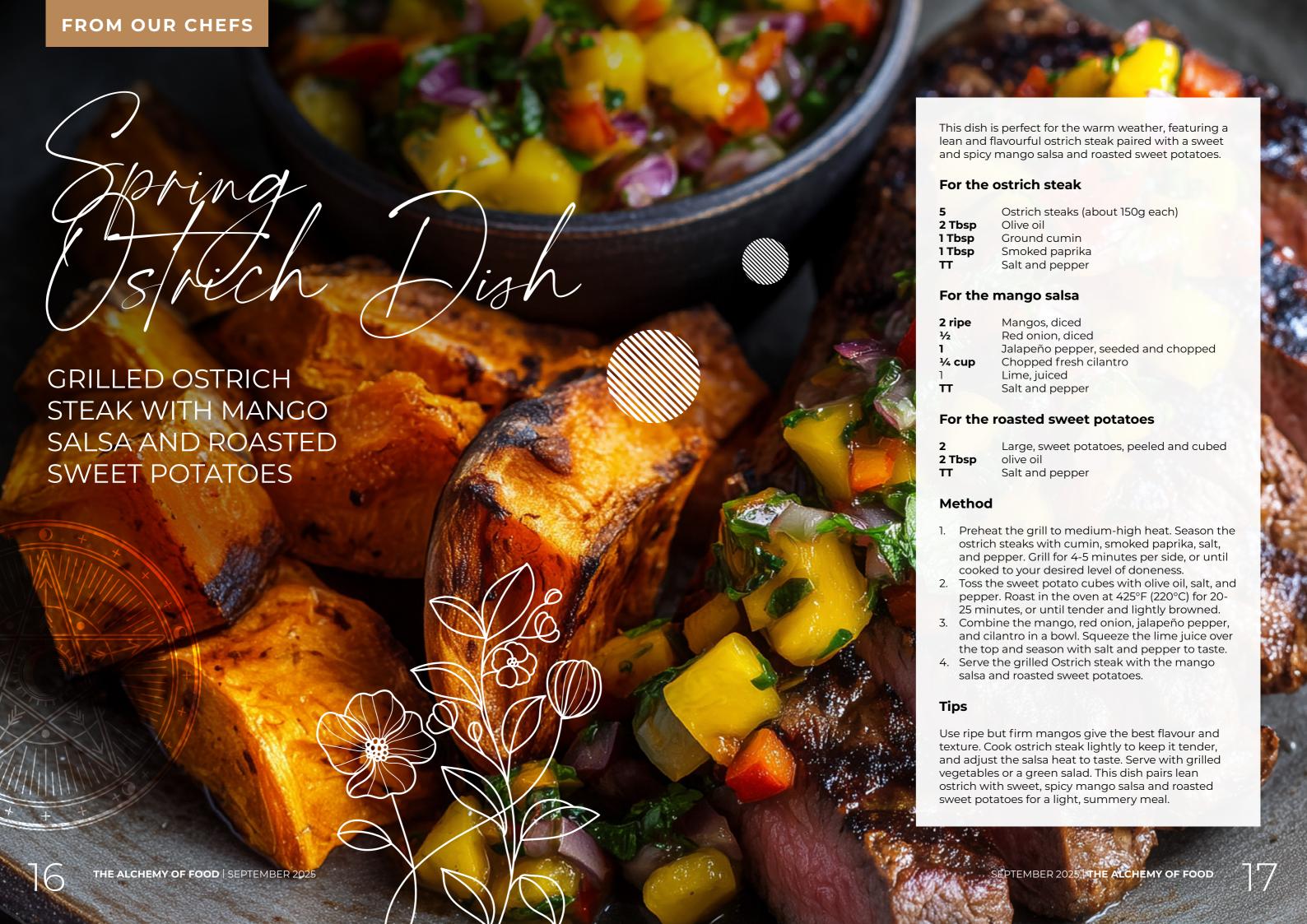
Keto, very low carb, or super rigid diets are seen by many as hard to keep up. Instead, people prefer diets that allow flexibility: whole foods, balance, variety. Better long-term than depriving yourself too much.















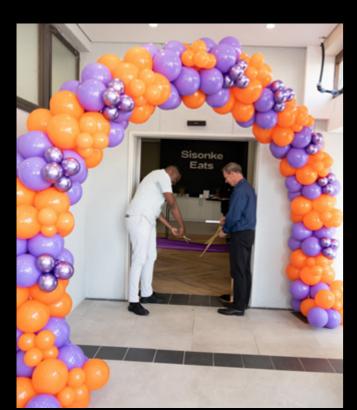


From canteen to culinary hub: Tsebo delivers a modern dining experience for a longstanding oil and gas client

On 9 September 2025, Tsebo proudly unveiled a new restaurant facility for one of our longstanding oil and gas clients – a transformation that highlights the power of integrated collaboration. What was once a dated canteen is now a modern, functional, and welcoming restaurant that elevates both employee and client experiences. The project stands as a showcase of Tsebo's unique turnkey capability, where multiple divisions came together seamlessly to deliver excellence.

A true turnkey solution

- **Tsebo Facilities Solutions (TFS):** Provided full site facilities management, ensuring operational efficiency from day one.
- **Tsebo Workplace Design (TWD):** Led the design, construction, and fit out of the new restaurant, turning concept into reality.
- Catering team: Reimagined the menu to introduce healthier options and greater variety, reflecting modern workplace dining needs.
- Cleaning team: Delivered a spotless environment, ensuring the new facility opened at its absolute best.









People behind the success

This achievement would not have been possible without the dedication of Tsebo's talented employees: Lizl Oosthuisen (Regional Chef), Rachel Johnson (District Manager), Karen Newman (Operations Executive), Luset Brink (Facilities Manager), and Jason Khosa (Project Manager). Together, they exemplified Tsebo's ethos of collaboration, innovation, and client-first thinking.







Client delight

From design to delivery, Tsebo exceeded expectations. The modernised restaurant is more than just a space to eat – it's a hub that supports wellbeing, enhances workplace culture, and reflects the client's commitment to their employees. This project marks another milestone in Tsebo's journey of shaping better workspaces and delivering integrated excellence across Africa.

Tsebo moments: A season of impact, celebration and culinary innovation

By: Chef Bevan Swart





Wild Coast Sun Tee-Off with Purpose

Partners and colleagues came together for a day of camaraderie at the Wild Coast Sun Golf Day, strengthening connections on and off the course.



Pick n Pay DHL A day to rejuvenate

Wellness took centre stage at Pick n Pay DHL, where staff embraced a day dedicated to wellbeing and positive energy.



Pick n Pay DC Wellness in action

Our Wellness Day at Pick n Pay DC created a space for staff to recharge, with a focus on balance, health, and self-care.

Excellence on the world stage

When the President of South Africa, accompanied by a distinguished German delegation, visited the BMW plant in Rosslyn, Fedics BMW rose to the occasion with flawless execution. Over three days, the team managed a logistical feat — catering back-to-back meals in nine different boardrooms. From elegant breakfasts to gourmet lunches and dinners, every dish was meticulously crafted to reflect the prestige of the event, culminating in a seamless VVIP service.

At the heart of this success was Project Manager Yasmine Abdul, whose exceptional leadership ensured perfect coordination. "We knew this was a significant moment for both Fedics and BMW, and we wanted to make sure our team exceeded expectations," Yasmine shared. The culinary team delivered menus that were both a visual and gastronomic delight, impressing delegates from Germany and beyond.

As the event concluded, BMW expressed deep gratitude for the professionalism and excellence on display. This occasion stands as a shining example of Fedics BMW's commitment to quality, service, and world-class corporate catering.









Power on a plate: Residentia clients celebrate Women's Day

Tsebo's Living Lifestyle team marked Women's Day with flair, hosting Residentia clients at head office for an inspiring Standardised Plating Workshop. The interactive session showcased our vision for consistent, beautifully presented meals across all Residentia facilities. Guests experienced first-hand how standardisation elevates dining, delivering both quality and delight on every plate. It was more than a workshop – it was a celebration of partnership, innovation, and the women who inspire us daily.

Business and Industry, and Automotive

By: Chef Derek Nair



Richards Bay coal terminal Imbizo excellence

Seamless catering for 550 guests marked another success for the RBCT Fedics team.



Toyota Women's Day Sip, paint and celebrate!

Over 1 400 women from Toyota SA enjoyed a lively Sip & Paint event, expertly catered by Fedics.



Toyota Ekiden Road Race Fuel for champions

Fedics proudly served 650 elite runners competing in Toyota's international Ekiden relay.

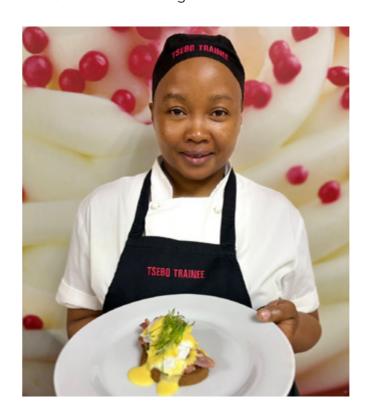




Hesto KZN

A contract with Momentum

Launching November 2025, Hesto is already experiencing Fedics' excellence through executive event catering.



ProfCook & CookCon Skills that shine!

39 students completed practical cookery modules under Chef Dereck Nair's guidance, showcasing their talent in a vibrant cook-off.



St Anne's Diocesan College Kitchen revamp, brunch success

With a newly equipped kitchen, Margaret Gaines and her team delivered a stellar Old Girls Brunch — setting the stage for the upcoming Arum Ball.



Richards Bay Minerals Wellness with a twist

RBM staff embraced healthier habits as Fedics promoted ostrich-based meals at their annual Wellness Day.

Gourmet Nook

By: Chef Dieter Eberlanz

Redefining convenience with style

Launched on 2 May, the Gourmet Nook has set a new benchmark in deli-style retail — blending quality, convenience, and charm in one inviting space. Designed with a distinctive deli-inspired look and feel, the Gourmet Nook is more than just a stop — it's an experience. From refreshing drinks and grab-and-go meals to thoughtful last-minute gifts, every visit promises ease and delight. The concept has already grown beyond its debut, with a second outlet in the Western Cape and a compact version in KwaZulu-Natal. With further expansion on the horizon, the Gourmet Nook is fast becoming Tsebo's signature for smart, stylish convenience.









Tsebo supports Cape Town Chamber of Commerce's Western Cape Economy Innovation Awards

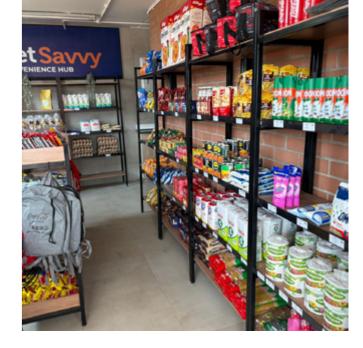
By: Chef Oliver Reddy

Fedics Catering proudly catered for the Western Cape Economy Innovation Awards at Cape Town city hall, serving 500 distinguished guests, including the premier, the mayor, and top business leaders. The catering team, led by Chef Oliver Reddy and Lauren Brown, curated a harvest table and plated menu aligned with the event's themes of thoughtful design and local impact. The event marked 100 years of SASRI excellence, reinforcing Tsebo's role in shaping progress through collaboration.











A hub of convenience for Soweto students

South Point Soweto

Fedics, in partnership with South Point Management Services, proudly unveiled the first Planet Savvy Convenience Hub at student accommodation in Soweto. The hub offers students fast, tasty meals and essentials in one accessible space. Day one saw enthusiastic uptake from students, and the hub is expected to become a cornerstone of campus life. This is only the beginning, with more student-focused initiatives to follow.



Celebrating women through recipes and stories

- Annelize Zeelie, culinary wellness advocate, shared her vision of bridging science with soul, creating menus that honour both health and heritage. Her work emphasises sustainability, inclusivity, and the joy that food can bring across generations.
- Chef Gesina Erasmus, with global training and over two decades of experience, highlighted how her love for tradition and innovation translates into memorable dining experiences. Her recipes and mentoring continue to inspire budding chefs—including her own daughter.
- Chef Lizl Oosthuizen, Executive Chef at Stellenbosch University, brought a story of passion and adventure rooted in her early beginnings in Calitzdorp. With international training and experience in teaching and leading kitchens, she combines her love for food and mentorship with bold, seasonal creativity
- Chef Jacqueline Geluk, a proud Gauteng native, infused her contribution with global flavours and soulful artistry, reminding us that food is a profound expression of love, healing, and connection.

Each of these women contributed recipes and personal reflections to the Ideas Hub, ensuring that our units had practical, client-ready content to bring Women's Month to life in their dining spaces.

Bringing Women's Month to the table

Across our catering units, client restaurants came alive with dishes that honoured this year's theme: With You I Rise. Teams used the featured recipes to create menus that not only delighted but also carried deeper meaning—plates that told stories of empowerment, heritage, and togetherness. From hearty, nourishing meals to bold, flavourful creations, every dish served became a celebration of women's contributions to our industry and communities. In doing so, our Catering Division reaffirmed its commitment to delivering more than just food—it delivered a message of unity, respect, and upliftment.

A lasting impact

The Women's Month Ideas Hub was more than a toolkit—it was a source of inspiration that empowered our teams to engage clients and diners meaningfully. By spotlighting the voices of Annelize, Gesina, and Jacqueline, we honoured women not only in our kitchens but in every home and community we serve. With You I Rise is a reminder that when women rise, we all rise—together, stronger, and more connected, plate by plate, story by story.

Stirring hope: Mandela Day soup drive nourishes communities nationwide

On 18 July 2025, Tsebo Catering Solutions honoured Nelson Mandela's legacy with purpose and heart by launching the inaugural Mandela Day community nourishment drive. In one remarkable day, our chefs and teams cooked and distributed 13 876 litres of soup across South Africa — a milestone initiative that transformed kitchens into engines of care and compassion.

This effort was far more than a culinary feat. It was a living expression of ubuntu in action — a collective commitment to dignity, nourishment, and the belief that a better world is possible when we cook, serve, and care together.

Collaboration at scale

The success of this drive was built on strong partnerships and the dedication of many. Our Procurement team mobilised resources with precision, drawing on deep relationships with donors, clients, and supplier partners who generously contributed ingredients and support. Kitchens and spaces were opened by our clients, allowing Tsebo teams to prepare and distribute soup efficiently and with purpose.

We extend heartfelt thanks to our valued suppliers — Daily Fruit, Dhoda's, Ferreira Fresh, Heydenrychs, Johnny Bags (Pty) Ltd, Loerie Veg, East London Fruit and Veg, N1, Bidfood, Organic Silk, Select-A-Salad, Simply Fresh, Sohbaro and Springbok Foods — whose generosity helped bring this vision to life.



Chefs leading with purpose

Regional leads spearheaded this initiative with passion:

- Chef Gesina Erasmus Port Elizabeth / Ggeberha
- Chef Luke Reddy and Chef Dereck Nair KwaZulu-Natal & Richards Bay
- Chef Theo Gqontshi and Chef Marko Engelbrecht
 Inland
- Memory Rudy East London
- Chef Lizl Oosthuizen Western Cape

Their leadership transformed a simple bowl of soup into a symbol of hope, unity, and care.

Turning surplus into support: Tsebo joins FoodForward SA on Mandela Day

On Mandela Day 2025, Tsebo's Cape Town team joined forces with FoodForward SA at Century City to help pack food boxes for vulnerable communities — a simple yet powerful act of service that aligned with our shared commitment to care, dignity, and impact.

Addressing South Africa's food insecurity crisis

The reality is stark: more than 30 million South Africans face food insecurity, while nearly a third of the nation's food is discarded each year. FoodForward SA's model addresses both challenges by recovering surplus food from farms, manufacturers, retailers, and the hospitality sector, and redistributing it to vetted beneficiary organisations across the country.

Since 2009, this innovative approach has not only reduced food waste but also aligned with 11 of the UN's 17 Sustainable Development Goals, making it a catalyst for sustainable social change.

Tsebo in action

For our Cape Town team, lending a hand was about more than packing boxes. It was about contributing to a bigger movement that transforms waste into nourishment, scarcity into possibility, and community service into long-term impact. We are proud to have supported FoodForward SA in their mission — proving that when we act together with purpose, we create ripples of change that go far beyond Mandela Day.

CELEBRATE SEAMLESSLY - FROM START TO SPARKLE

As the year draws to a close, moments of connection, recognition, and celebration take centre stage. Yet organising a year-end function often means long to-do lists, hidden costs, and unnecessary stress. That's where Tsebo comes in.

With over 50 years of experience, we are your one trusted partner, delivering a complete end-to-end festive solution. From mouth-watering catering designed by our award-winning chefs, to discreet event cleaning, reliable security, décor, entertainment, and even transport – we handle every detail so you can focus on what truly matters: celebrating success.

Whether you're hosting an intimate client dinner or a large-scale corporate event, Tsebo ensures every celebration is seamless, stylish, and stress-free.

This festive season, let us take your event from start to sparkle.

Contact us today to plan your perfect function:

Tanya Magardie: 072 139 5472

One Partner. Every Solution.

Scan for our function menu





r'EDICS



