



Contact your Client Development Manager for more information or contact us at:

apetito Ltd. Canal Road, Trowbridge, Wiltshire, BA14 8RJ
T. 0808 239 2399 www.apetito.co.uk
carehomes@apetito.co.uk

Specialist Diets

Catering for all your specialist needs



Making a real difference



This brochure is intended to provide general information about our products and services. You should always seek further advice on any particular issue or requirement you might have. Whilst we make every effort to ensure the accuracy of the information, we do not accept any responsibility for inaccuracies or errors which might be contained in this brochure. Published September 2024.

Our values are at the heart of everything we do

It's why we pride ourselves on enhancing the health and wellbeing of our customers no matter what their dietary requirements. From Dementia to Dysphagia, Allergen Free or smaller appetites, we've been making the world's best Specialist Nutrition range for over 10 years.



"Our mission from day one has been to create a range of specialist meals that are delicious, safe and provide the nutrition needed to enhance health and wellbeing."

Sophia Cornelius,
Development Dietitian at apetito



Why should **you**
partner with
apetito?

The **World Leaders** in Texture Modified

100

Menu of over 100
Texture Modified
products



Multiple award
winning range



Proud suppliers
to over 500 NHS
hospitals



Serving over
600 Care Homes



Enhancing visual
appeal to help
dining with dignity



Guaranteed
nutrition to support
menu planning



Safety for those
with swallowing
difficulties

Designed with safety in mind

That's why all our meals are designed to meet IDDSI guidance.

IDDSI Level 3 – Liquidised

These great tasting, nutritious soups have a smooth, thin consistency. Level 3 soups contain more than 8g of protein and 270Kcal per portion.

IDDSI Level 4 – Purée

Our Level 4 products have a smooth texture and do not require any chewing. They are shaped to resemble the food they represent and hold their shape even after cooking. They are puréed and can be eaten with a fork. The range includes breakfast, snacks and dessert options to support all day menu planning.

IDDSI Level 5 - Minced & Moist

Our Level 5 dishes are minced to be tender and moist; the pieces are equal to or less than 4mm width and no more than 15mm in length.

IDDSI Level 6 - Soft & Bite-Sized

Our Level 6 meals and desserts are soft and tender, requiring light chewing. Each element of the dish is cut into smaller pieces no larger than 15mm and can be mashed with a fork.

IDDSI Level 7 - Easy Chew

Easy Chew meals are regular, everyday dishes that happen to be naturally softer textures. These meals are labelled as such in our regular food offering.



Regular
Easy To Chew

7

Soft & Bite-Sized

6

Minced & Moist

5

Puréed

4

Liquidised

3



"All of apetito's Texture Modified meals are rigorously tested and audited to ensure compliance with the IDDSI levels.

"This means there's no guesswork or adjustments; the preparation and testing have been carried out for you.

"This ensures all components of the meals, from the potatoes and pasta, through to the meat and vegetables, are the correct consistency."

Tracy Broadley Jackson,
Speech and Language Therapist

Bringing dignity, *to dining*

"Modified foods like I've got now with my puréed meals from Wiltshire Farm Foods, keep me healthy and greatly improve my quality of life.

"My expectations were far exceeded and I'm convinced that you can't improve on excellence and they are excellent.

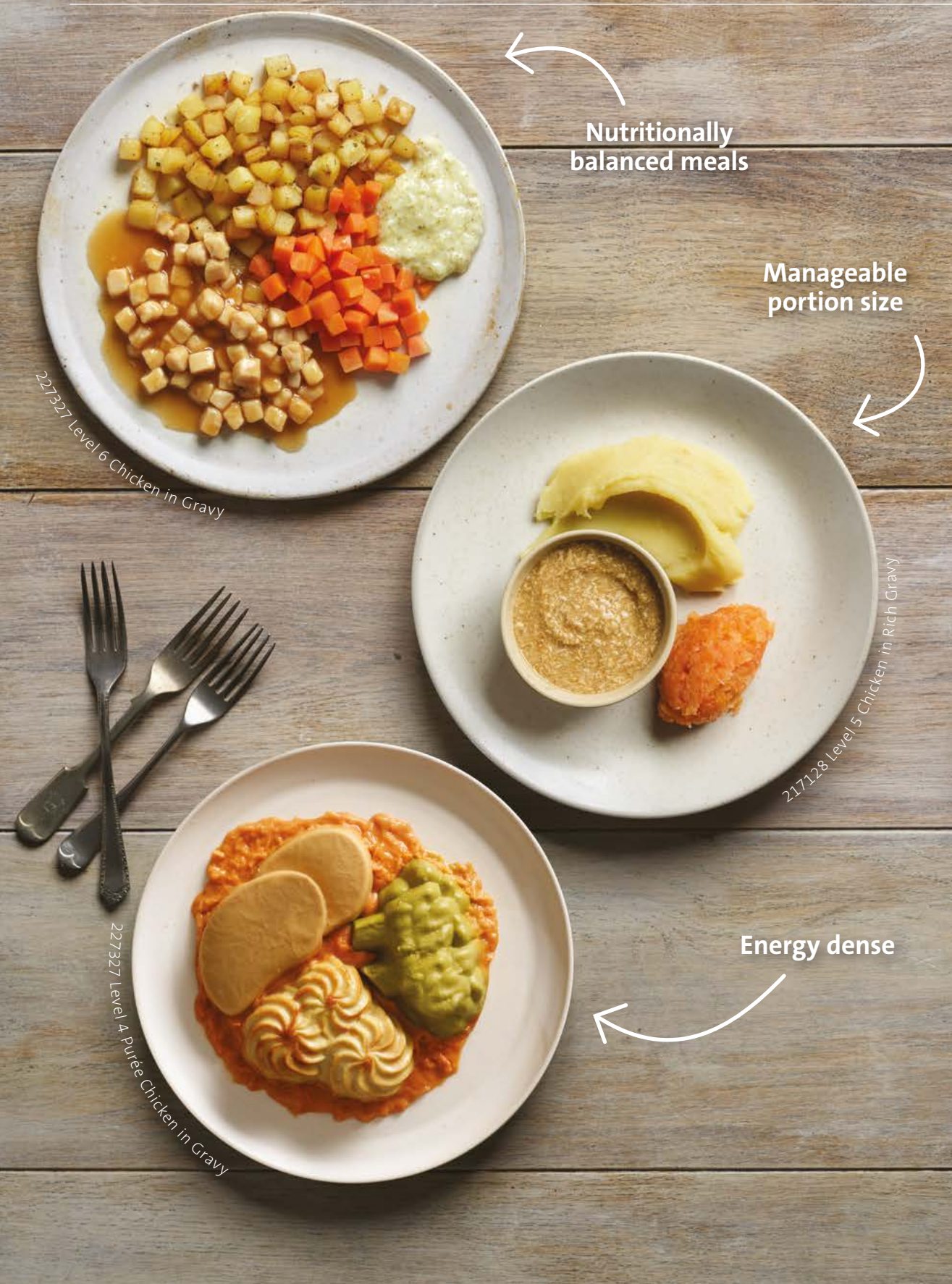
"I have maintained my weight for nearly two years. Nutrition to me is what keeps me alive, it keeps me functioning, it keeps me at the peak of my life and this is where I have found the Wiltshire Farm Foods puréed meals have been a godsend."

Sandra,
Texture Modified Meals Customer



Hear more
about Sandra's
story here





Guaranteed nutrition *for everyone*

Everyone needs meals that pack the right punch. It's why our team of experts create recipes that taste great, look delicious and deliver on nutrition.

Each meal contains at least 15g of protein and over 300Kcal, and is frozen within an hour of cooking. Locking in flavour and meeting the nutrition standards set by the British Dietetic Association, National Association of Care Catering and the Hospital Foods Standards Panel.



"We're dedicated to ensuring our Texture Modified range helps those with dysphagia receive the nutrition they need."

Maia Fergus-O'Grady,
Senior Category Executive - Specialist Nutrition
and Registered Dietitian

Look forward to *each meal time*

We believe dysphagia is not a barrier to delicious food. That's why we're committed to Texture Modified meals with fantastic flavour, lots of choice and a great look. We have pies that look home cooked, flavourful sauces and gravies, and delicious accompaniments all in an easy to cook format.



"A great meal is not just one ingredient. It's a combination of tastes and flavours.

"It's why we approach our Texture Modified range the same way we approach every dish. Does it look good, does it work together, does it make the customer go 'WOW'.

"We've looked at what flavours would work rather than what can't be done in a Texture Modified meal.

"And the results speak for themselves."

Phil Rimmer, Head Development Chef



Special diets *made simple*

We understand our customers don't have the time and often expertise to create their own Texture Modified meals, it's why we've made our food easy to cook, plate and serve. Taking the stress out of mealtimes.



Easy to cook



Easy to plate



Easy to serve



“Partnering with **apetito** provides me with great reassurance and pride in the meals we are serving.”

Joel Gray, CEO Gray Care



A service you *can rely on*

Don't just take our word for it...



apetito in action: Royal United Hospital, Bath

"The Level 4, 5 and 6 texture modified meals apetito have been providing us for nearly 5 years now have proven a great addition to our menus.

Not only do they ensure we offer an exacting, consistent and nutritional meals for our patients with eating and swallowing difficulties, but they also offer a huge range of appetising meals to choose from.

The recently improved dishes and addition of hot puddings throughout the range have been met with great approval from our speech and language specialists and dietitians who have

been working closely with us to ensure we provide not only what they and patients have asked for but to better ensure with certainty that we meet the needs of all our patients requiring a texture modified diet. We also plan to include Level 4 Purée meals on our new upcoming menus offering higher nutritional content in smaller portions for those with smaller appetites, another must for caterers within our setting."

Lee Johnston,
Estates & Facilities Division

apetito in action: Bridgeside Lodge, Forest Healthcare Group



"Now I don't ever worry about IDDSI compliant food. Using apetito's Texture Modified food gives me such peace of mind. I know I can go to apetito and say 'I need this many Level 4, 5 or 6 dishes' and I'll be able to give my residents food that's safe, tasty and nutritious.

"Having such easy access to safe IDDSI meals also empowers my team. If they're helping to feed someone who is struggling with their food, we are able to take immediate action to make sure residents are eating food that's right for them."

Fatma Makolo,
Home Manager

Balanced meals, *in one bite*

Our Finger Foods range helps those with dementia or coordination difficulties to easily pick up a nutritionally complete hot meal, with minimal mess. Curry, Casserole or even Bolognese, this world first range offers a choice of dishes like no other.



Person-centred dementia dining

Mealtimes can be a real challenge for individuals living with dementia or coordination difficulties. They might walk with purpose, lose concentration when eating, or struggle to use cutlery and cups. All these factors can negatively impact an individual's food intake.



World-first innovation

All designed to be eaten without cutlery, this world-first innovation helps to create a positive, inclusive dining experience for individuals living with dementia, promoting independence and dignity whilst driving self-esteem.

Easy to pick up
and put down.
No cutlery needed!

Nutritionally
balanced meals
in one bite



Inclusive dining
experience

Easy to cook,
plate and serve

297901 Chicken Tikka



297902 Sausage Casserole



297903 Salmon Supreme



297908 Chicken Fillets & Stuffing



297913 Ham & Leek Bake



297910 Chipolatas



297909 Pork Meatballs



297912 Omelettes



297901 Chicken Tikka



297911 Fish Goujons



297914 Vegetarian Bolognaise



297907 Chicken Goujons



297915 Chicken & Mushroom Bake

Allergen free meals *you can trust*

Our Free From range offers meals that are safe for individuals that need to avoid one or more of the 14 recognised allergens without compromising on quality.

Every batch of these meals is tested in our dedicated allergen laboratory before being sold to give assurance that the strict standards required are always achieved.



Campden BRI

We verify the safety of our foods using laboratory methods that are fully and independently accredited by the Campden Laboratory Compliance Scheme.

We carry out over **120,000** tests every year.



BRC Global Standard

We consistently achieve the highest level of accreditation following our annual audit against the BRC Global standard for Food Safety giving assurance that our buildings, processes and people deliver to the highest standards.



National Association of Care Catering

All our food meets the National Association of Care Catering standards for quality and safety.



298191 Free From Chilli Con Carne

Mini Meals Extra

When your residents and patients need more but *want less*

Malnutrition is a serious issue that impacts every aspect of a person's life, including their overall sociability and mental wellbeing.

Our Mini Meals Extra range works to combat malnutrition by providing at least 500 calories and a source of protein (min. 20g) in a small portion size.

Our chefs and dietitians work together to ensure the meal isn't just providing individuals with a nutritional boost, but that it also tastes delicious too.



1 in 10 older people are living with or are at risk of malnutrition.

▲ Malnutrition Task Force, 2013

Enjoy as part of a healthy balanced diet and lifestyle

The main contributing factors to malnutrition are **poor** or **reduced** diet.

25-34%

of patients admitted to hospital and...

30-42%

of care home residents are considered malnourished.

▲ The British Association for Parenteral and Enteral Nutrition (BAPEN), 2016

Great food, *making a real difference*

We make mealtimes matter for those who may need it most.

Our sustainable recipes are prepared by our in-house Chefs, Dietitians and Nutritionist to suit all palates, preferences and specialist dietary needs.

Beyond our commitment to providing great food, our apetito and Wiltshire Farm Foods family leads the way in specialist catering and diet care; from the young to the elderly, and from nurseries to care homes.

We've been serving up one of life's simple pleasures for over 60 years, and will continue to add in the extras that make all the difference.

We create remarkable meals with only the best ingredients, conveniently frozen to capture all the goodness.

We operate with the utmost respect and care for our employees, our partners, and our planet.



Our Chefs expertly craft nutritious and tasty meals for everyone to enjoy.

We truly understand our customers, building relationships and tailoring our service to support their every need.



For over 60 years, apetito has been making mealtimes matter in health and social care.

Our recipes are trusted, safe and sustainable.

Each meal is carefully designed by our in-house Chefs, Dietitians and Nutritionist to suit specialist dietary needs. Every hospital, care home, nursery, school and community we work with has the key elements to make the most of mealtimes.

It's how we make a real difference.



WILTSHIRE
EST. FARM 1991
FOODS

Our menu is bursting with over 340 brilliantly easy meals to brighten any day, delivered free direct to your freezer, by our friendly local team.

Our commitment to our customers never waivers - we're always there with delicious, easy meals and drivers who are always happy to go that extra mile - now that's good old-fashioned service.

