



## Press Release

10 July 2022

### For Immediate Release

#### **Pioneering Catering Tool Empowers Cygnet Health Care Chefs to Create Healthy Meals**

Cygnet Health Care, a leading provider of services for individuals with mental health needs, autism and learning disabilities within the UK, announced their partnership with Brakes and Nutritics software, to introduce a catering tool that is empowering chefs to create nutritionally balanced meals for service users and residents.

Cygnet's Procurement team is working closely with food supplier Brakes to introduce a recipe management tool known as Nutritics. This pioneering tool will enable chefs to create and edit bespoke nutritionally balanced recipes that clearly display the nutritional values and allergens and improve meals for service users and residents across Cygnet's 150 sites.

Nutritics links directly into the Brakes product catalogue, and gives chefs the ability to add their sites favourite dishes, or create new ones. Using a simple drag and drop feature, chefs can add any ingredient they want, and instantly see things like fats, proteins, salt levels or allergens such as wheat.

They will also be able to swap out ingredients once a recipe has been created to fortify a recipe, make it healthier or even turn it into a halal dish. Once created, these recipes can then be shared with all other Cygnet chefs.

Budgeting is also a huge part of the tool and allows chefs to see the true cost of each recipe they are creating, and the exact cost per portion / per person. This further empowers chefs to control budget, and potentially swap out higher priced ingredients for lower cost alternatives.

In order to successfully roll this out across all Cygnet Health Care's sites, the team have engaged with a number of Cygnet chefs to create over 120 recipes within the Nutritics Platform.

*Titilayo Jackson, Chef at Cygnet Churchill, an inpatient mental health hospital for men, said: "I like the fact that the Nutritics tool gives an in-depth nutrition analysis, this will help ensure consistency and accuracy in our recipes. This system also provides all allergen information, which is extremely useful.*

*"What excites me the most is the fact that we'll easily be able to adjust the ingredients or measurements in our recipes and this can then be used as standard recipes across all Cygnet sites. We'll also have the ability to share our recipes so we'll be learning from each other."*

Raf Hamaizia, Expert by Experience Lead at Cygnet Health Care, added: *“The Nutritics tool will enable our staff to manage dietary requirements in a safe and responsive manner based upon the individual needs of service users and residents.*

*“What I like the most about the tool from a lived experience perspective, is the ability to share recipes which gives rise for the opportunity to share best practice from different sites, many of which are co-produced with People’s Councils and based on feedback.”*

The Nutritics tool is being piloted in health and social care sites with a plan to roll out to all Cygnet Health Care services using Brakes later in 2022.

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**Notes to Editors:**

For more information, please contact Gemma Attew, External Communications Manager, via [gemmaattew@cygnethealth.co.uk](mailto:gemmaattew@cygnethealth.co.uk)

**About Cygnet Health Care**

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet’s facilities are rated as good or outstanding, which is above the national average.

[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)