



Colleagues across the business join our Respect & Encourage site tours

Respect & Encourage site tours

As we signed off this issue of What's cooking? monthly to be printed, our Respect & Encourage site tours were well under way.

The tours are visiting all sites and locations across the business, with senior management – including our CEO Gavin Darby, CFO Alastair Murray, HR Director David Wilkinson and the MDs of our Grocery and Sweet Treats Business Units

– heading out to talk through our progress and future as a business.

The tours are timed to follow our full year results. They give colleagues the chance to discuss how we're doing and what we've got coming up as a business with some of our most senior colleagues, as well as their own senior management.

We've been reporting live from each event, so we hope you saw our reports on our

new What's Cooking? daily screens. They're up and running at all manufacturing sites and coming shortly to all remaining locations as another step on our journey to becoming the 'Best Connected' food company in the UK.

The tours will be back in early Autumn when the results and action plans that come as a result of your input into Our Winning Recipe colleague survey will be the focus.

Melting the taste of Italy

We're helping consumers re-create the tastes of Italy in their homes with the launch of the new Loyd Grossman Pan Melts. The little pots use the latest technology to add vibrant flavours to simple meat and fish dishes, using a concentration of the finest Italian ingredients in a quick and convenient melt format.

The range will be made up of four Italian-inspired new flavours: Wild Mushroom and Creamy Mascarpone; Crushed Basil, Garlic and Rich Parmesan; Sun Dried Tomato and Creamy Ricotta; and Mediterranean Tomato, Sweet Red Pepper and Smoky Paprika.

"Using our expertise, we're pioneering a completely new platform in the cooking sauces and accompaniments category, with the opportunity to extend the range into many other cuisines and usages in the future," said Yilmaz Erceyes, brand director for cooking sauces.

You helped us achieve a fantastic 85% completion rate across the whole business of our Winning Recipe Colleague Survey 2015. Thanks for taking the time to share your thoughts. Reports, focus groups and action plans to follow.



Pot-ty about Cadbury

We're championing fresh ideas by launching the nation's favourite chocolate in a handy dessert pot! The new Cadbury Desserts will add a premium option to the ambient dessert aisles, providing consumers with a smooth chocolate treat that can be eaten chilled or at room temperature.

Made with Cadbury Milk Chocolate, the desserts will come in a range of single pots (Milk Choc and Orange Choc) and twin pots (Fudge Pieces, Toffee Clusters and Orange Zingers).

Asda will be the first retailer to stock the pots supported with a promotion and competition in the Asda magazine. We'll also be encouraging shoppers to trial the dessert pots with sampling across the 100 top stores.

The new Cadbury Desserts range will be made alongside Ambrosia by colleagues at our Lifton Creamery.

Thanks for everyone's hard work helping get this exciting new product through trials and into store!



Calling female colleagues... join the Race for Life!

Cancer Research UK's 2015 Race for Life season has begun. Over the next few months our charity partner will host more than 300 women-only events across the UK to raise money for research into all 200 types of cancer.

We'd love to see lots of our female colleagues taking part. And with a wide choice of events from 5K and 10K distances, Pretty Muddy obstacle courses

and the first ever Race for Life Marathon and Half Marathon, there's something to suit a range of fitness levels.

Premier colleagues getting involved

● Congratulations to Harriet Van Pelt, Rebecca Howard and Stella Walker from our Premier Analytical Services team in High Wycombe, who teamed up to take part in a Pretty Muddy Race for Life event in May. Together they raised over £500 for



Cancer Research UK; a fantastic achievement!

● Fourteen colleagues from our Lifton site, under the pseudonym the Custard Tarts, will be joining the Exeter Race for Life event on 26 July.

Why not get together with colleagues at your site and sign up for an event in your area. Visit raceforlife.cancerresearchuk.org to find events in your area and to register to take part.

How we're cranking up the heat



We're five months into our two year charity partnership with Cancer Research UK and we continue to aim high to raise £250,000 to support their mission to beat cancer sooner. And because of your fantastic efforts, we're making great progress.

Thanks to your sponsored runs, donation stations, language lessons and themed bake-offs, our cross-company commitment to buy and wear a unity band on

World Cancer Day, our Invoice-a-Thon run by our PBS colleagues, and our exceedingly special Mr Kipling Race for Life promotion packs, we've already raised over £30,000, passing the first 10% milestone.

A huge 'thank you' to our Charity Champs for your relentless enthusiasm to support the partnership, and to everyone for their backing so far. Keep up the great work!

Lifton's charity chicks

Our Lifton site has continued its longstanding support for local organisation CHICKS, by helping fund and build a fire pit at the site's holiday retreat.

Using a £2,000 donation from the Premier Foods Community Involvement Fund, volunteers from the site, including Charity Champion Janine Harrison and Site Manager Steve Pretty, helped build seating and shelters for the fire pit.

The area will be used by children to sing songs and toast marshmallows around the fire.



CHICKS provides much needed breaks for disadvantaged children from across the UK, who would not otherwise have the opportunity to get away on holiday.

Since 1992, the charity has helped more than 11,000 children take a break from the challenges they face at home including poverty, abuse, bereavement and caring responsibilities.



Walk this May!

Colleagues from our Moreton site have been getting fit and reducing their carbon footprint by supporting pedestrian charity, Living Streets, with their National Walking Month. The campaign, called

#WalkThisMay, encourages people to get active and walk more often throughout the month. To support the initiative, Moreton hosted a talk from a 'Walk Doctor' who gave advice on how to fit more

walking into your everyday lifestyle. Colleagues were also taught about how maintaining a good core posture while walking, sitting and standing is key to preventing back pains and other musculoskeletal problems.



On the menu... with Gavin Darby

For our business, innovation is a crucial aspect of our improving performance. It gives us an edge.

Our innovative new products attract fresh consumers and build loyalty among existing ones. They help grow our sales volume and our categories, popular with our customers because it aligns their success with ours.

Innovation is about more than new products, however. With all colleagues adopting an innovative mindset we'll find better, faster and more efficient ways of doing everything we do. Innovation is at the heart of continuous improvement.

While many feel embracing innovation is risky and prefer the safety of the status quo, I believe *not* innovating is risky. To win we have to continually challenge ourselves to beat the competition, both by the way we do things and in the food we create.

It's not just colleagues who can help us innovate - our suppliers are also innovating on our behalf, sharing hundreds of ideas through our online Innovation Portal, some of which are already coming to fruition to help drive our mutual success.

At time of writing, I'm halfway through our Respect & Encourage site tours. As always, I'm really enjoying them and hearing some fantastic and innovative ideas from colleagues during discussion sessions.

Let's all make having those ideas - and sharing them - a daily habit!

Gavin

Cutting carbon with Green Matters

Friday 5 June was World Environment Day and we took part by launching an exciting new initiative; Green Matters Woodland Carbon.

Much of what we do ultimately emits CO2 into the atmosphere, contributing to global warming. Our company target is to reduce our CO2 emissions by 2.5% this year.

Every single colleague can help towards this target every day by reducing energy wastage. And for every tonne of CO2 that we reduce, the Green Matters initiative will double it by planting enough trees to absorb another tonne. Working with the Woodland

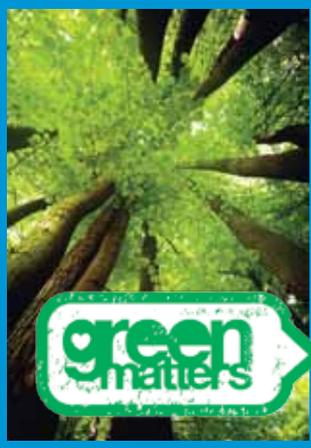
Trust, we will plant 25 sq metres of trees for every tonne of CO2 saved.

The trees will be planted in the UK, using native species only, creating new wildlife habitats and a lasting natural resource.

If we achieve our group target of 2.5% CO2 reduction, this will plant enough trees to remove 1,100 tonnes of CO2 from the atmosphere.

This would cover over 13 acres! That is the size of nine football pitches, twice the size of Carlton's production hall, or enough to cover St Albans, Charnwood, Stoke and Andover sites in trees!

Speak to your site Environmental Champion for more details.



Your What's cooking? recipe

Mediterranean King Prawns with Chilli, Tomato and Smoked Paprika

Here, Loyd Grossman Pan Melts are used to create a delicious sauce coating for king prawns. Delicious served with salad, new potatoes or some pasta, this simple recipe is ready in only 10 minutes.

Meal type: Main

Product: LG Red Pepper, Tomato and Smoked Paprika Pan Melt

Preparation time: 2 minutes

Cooking time: 10 Minutes

Serves: 2

Ingredients

250g Raw peeled king prawns
1 Red onion, peeled and chopped
1 Red pepper, seeded and roughly diced
1 Fresh chilli pepper (sliced)
1 Tbspn Olive oil
2 Loyd Grossman Red Pepper, Tomato and Smoked Paprika Pan Melt

Method

- Heat a suitable non stick frying pan over a medium/high heat.
- Add the oil, swirl round, then add the onions and peppers. Fry for 2-3 minutes.
- Add the prawns and cook for 4 minutes. Keep everything moving to ensure it all cooks evenly.
- Add the chilli and cook for 30 seconds or so.
- Add the melts. Keep everything moving, stirring to ensure that the sauce coats everything as it melts.
- Remove from the heat and allow to sit for a minute or so before serving.

Hints & Tips

Try adding a squeeze of fresh lemon juice at the end for an extra burst of flavour.



Investing in our future

We've been looking to the future at our Carlton bakery with the opening of a new engineering training centre for apprentices. It will provide a fantastic environment for Carlton's six apprentices to improve their engineering skills and learn how to fix various sections of a production line.

The centre has been named after Carlton engineer Andy Jowitt, who sadly passed away two years ago. He was dedicated in supporting the site's apprentices and as a huge Leeds Rhinos fan the centre has been painted in the team's famous yellow and blue colours.

Local MP Dan Jarvis, with our CEO Gavin Darby and Site

Manager Simon Wood, and a number of our engineering apprentices, including Andy's son and daughter Adam and Stacey, attended the official opening earlier this month.

The opening of the centre follows our announcement in March to extend our commitment to double our intake of apprentices for a further two years.

COMPETITION

Fancy yourself as a chef? Our competition this month invites you to **send us your favourite home-cooked recipe that features one of our brands.**

The entries will then be judged by our chefs, with three winners chosen for having the most innovative and interesting recipes.

The prize for all three winners will be a cooking lesson with our professional chefs in St Albans.

You'll get to bring a colleague

along with you to enjoy the experience, and as well as cooking each of the winning recipes with our chefs, you'll receive a hamper of Premier Foods goodies and cooking equipment. We'll also arrange for your recipe to be made available for a day across all our canteens!



To be in with a chance of winning this unique experience, email your recipe to whatscooking@premierfoods.co.uk by Friday 19 June.