

the month

COST SECTOR catering

Cost Sector Catering round-up of news, the latest research and key opinions

Fame for 7 Day's slimline Sarah

Sarah Osborne, a night supervisor for 7 Day Catering working at the contractor's Sainsbury's Hams Hall Distribution Centre has been revelling in her 15 minutes of fame.

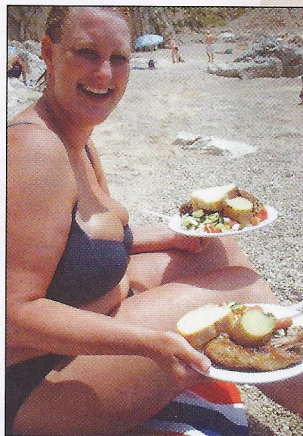
She appeared in a Daily Mirror feature that celebrated women whose holiday photos persuaded them to lose a substantial amount of weight.

Forty-year-old Sarah, who is 5ft 5in, reached a size 20 at her biggest five years ago, tipping the scales at 14 stone.

Today, a considerably slimmer Sarah has lost a remarkable 4 stone 3 lbs, dropping down to a size 10-12 and weighing in at 9 stone 11 lbs.

She says: "My Rosemary Conley Diet & Fitness Club put me forward for the feature. I gave the Mirror a photo of myself dressed in a bikini five years ago on holiday in Greece. I really hate that photo. And one of me today."

Her operations manager Keith Brown, said: "We are immensely proud of Sarah - she's literally been shrinking in front of our eyes these past three years. She's always been a determined lady and that determination has paid off tenfold."



BEFORE Sarah's beach picnic



AFTER the new slimline Sarah

Derby experts get cooking

Healthy living advisors in Derby have added cooking training to the package of support to help people improve their diets, get active and feel better.

Seven experts from Derby City Council's 'b-You' programme learned how to train families on basic cooking skills, healthy recipes and making food from scratch on a budget with the national Let's Get Cooking network.

Over two days, the group learned how to demonstrate cooking a full range of healthy recipes including breakfasts, soups, bread, fajitas, dips, salads, healthy curries and stir fries, as well as techniques for safe chopping, peeling and storage.

Roadchef expands

Roadchef, one of the UK's largest Motorway Service Area operators, has acquired First Motorways strengthening its UK portfolio of 19 sites with the addition of two more at Magor and Symonds Yat.

Roadchef is currently in the middle of a \$12 million investment programme and will spend \$1 million at the 19 year-old Magor site introducing well-known brands, such as McDonald's, Costa Coffee and Days Inn.

The seating and general environment will be upgraded, in line with the company's latest catering strategy and the improvement work will create about 50 new jobs.

Roadchef has an annual turnover of \$200 million and employs more than 2,000 people across the UK.

AZURE'S PIES 'N' ALE PLAN FOR FANS

Homemade pies and regional ales specific to each match - a first for football - will greet fans at the new Brighton & Hove Albion ground as stadia catering specialists Azure, part of Elixir UK, introduce a new food and drink offer.

Fans will be able to wash down their pies with ales from Lewes brewery Harveys - and for visiting fans Azure has teamed up with CAMRA to serve a local ale for away team supporters.

Heineken UK has secured a three-year deal to supply draught and packaged lager and cider to bars, kiosks, banqueting and

conference facilities at the new 22,500 capacity Brighton and Hove stadium.

* Meanwhile, Port Vale football club has agreed a partnership with Azure UK, to provide all catering and conference services to the club for the next five years.

Azure has a wealth of experience in providing catering services at UK sports brands including Queens Park Rangers, Nottingham Forest, Glasgow Rangers, Durham County Cricket Club and Salford Reds Rugby.