

Chilled Food Products

Members of the Chilled Food Association make over 7,000 chilled food products, these include;

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| Fresh Pasta | Sushi |
| Chilled Pizza | Chilled Soups |
| Delicatessen Products (e.g. samosas) | Chilled Sauces |
| Prepared Vegetables | Pies, Flans and Quiches |
| Salad | Sandwiches |
| Dressed Salads | Sandwich Fillings |
| Dressings | Desserts |
| Dips | Prepared Fruit |



What’s special about chilled food products?

1. Unpreserved - hygiene and safety is critical, assured by:-
 - o HACCP from farm to fork
 - o Traceability of raw materials
 - o Temperature control
2. Short shelf life
3. Generally multicomponent, e.g. pizzas, sandwiches, ready meals, soups, salads
4. Prepared:-
 - o Ready to eat
 - o Ready to reheat
 - o Ready to cook
5. Made to order:-
 - o JIT (just in time) systems - short production runs
 - o Often made on the day of delivery to retailers
6. Made of seasonal raw materials, but production is year-round so use pan-global sources meeting UK standards.
7. >95% retailer own label foods - manufacturers have exceptionally close partnerships with retailers

Food Groups

Food Group	Body Needs	What you get
Bread, cereals, rice, pasta and noodles	This is the biggest food group, your body needs 5-9 servings from this group every day	Carbohydrates, Vitamin B, calcium, iron, fibre
Vegetables and Legumes	You need 4 or 5 servings every day	Vitamins, Minerals, Carbohydrates, Fibre
Fruit	You need 2 or 3 servings per day	Vitamins, Minerals, Carbohydrates, Fibre
Dairy (milk, yoghurt and cheese)	You need 2 to 4 servings per day	Calcium, Protein, Vitamins
Meat, poultry, fish, beans, eggs, nuts and legume	Important to keep you healthy but you require the least amount from this group, half to 2 portions per week.	Protein, Iron, Vitamins and Minerals