Chilled Food Products

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

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

What's special about chilled food products?

1. Unpreserved - hygiene and safety is critical, assured by:-
   - HACCP from farm to fork
   - Traceability of raw materials
   - Temperature control

2. Short shelf life

3. Generally multicomponent, e.g. pizzas, sandwiches, ready meals, soups, salads

4. Prepared:-
   - Ready to eat
   - Ready to reheat
   - Ready to cook

5. Made to order:-
   - JIT (just in time) systems - short production runs
   - 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

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