

.....AT.....

BOILING POINT

.....

HOW TO BEAT STRESS AND ACHIEVE
OPTIMUM KITCHEN EFFICIENCY

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LIFE IS BETTER FILTERED



LIFE IS BETTER
FILTERED

STRESSFUL TIMES

The hospitality industry has experienced unprecedented changes in the last two years. Even without the pressures linked to COVID-19, compared to BRITA Professional's research conducted in 2018, professional kitchen workers are more stressed than ever with **eight in ten now bringing stress home on a weekly basis or more.**

Using brand new research, this toolkit identifies some of the main challenges facing kitchens today. We offer vital tips on how to 'filter out' inefficiency and stress, as well as save time and money as we look to a more positive 2021.



**Introducing Len Unwin,
Chef and Curriculum
Team Leader at
The Sheffield College.**

Like many chefs, Len has experienced stress in the professional kitchen and has opened-up about how this has affected his mental health. To support professional chefs dealing with occupational pressures, here are his top three nuggets of advice...



STRESS BUSTING IN THE KITCHEN

A tidy workstation can free your mind

Maintaining your workstation is a small but important job. It's true what they say, an untidy workspace equals an untidy mind.

In my darkest times, I used to flit between a manic work area to moments of excessive cleaning. By creating a plan and checklist for yourself and area, you'll become more efficient and help to clear your mind.

Take the stress out of equipment breakdowns

It's important that everyone takes responsibility for keeping equipment in top condition. This is essential for boosting efficiency and productivity,

as well as relieving the stress of unexpected breakdowns. Knowing you can rely on your equipment means there's one less thing to clutter your brain, giving you more time to focus on other priorities during a busy service.

Planning for success

For me, planning is vital for my mental health. Before I go home, I create a plan for the following day, freeing up my mind so that I don't think about work at 2am, which prevents good quality sleep – something that is key for good mental health.

It's also important to plan 'me time' so that you can recharge and ultimately strike a good balance between work and personal life.



BIGGEST FACTORS CONTRIBUTING TO STRESS IN THE KITCHEN



STAFF SHORTAGES
57%



WORKING
LONG HOURS

39%

TIME SAVING SOS - YOUR PATHWAY TO EQUIPMENT EFFICIENCY

Unreliable equipment is a longstanding issue. Half of kitchen workers say they need more reliable equipment to run a practical and efficient kitchen, and worryingly this has not improved since our 2018 research.

This needs to be addressed urgently to ensure vital time is clawed back in kitchens to alleviate any unnecessary stress for teams.



HOSPITALITY PROFESSIONALS HAVE DEALT WITH EQUIPMENT BREAKDOWNS IN THE LAST YEAR THAT'S ALMOST A QUARTER OF THE YEAR!

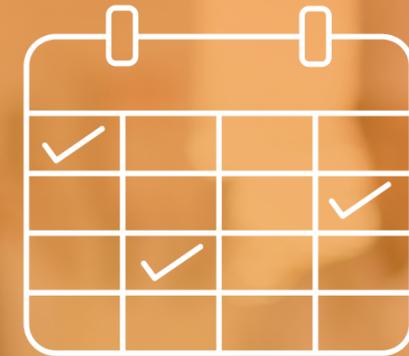


The good news is there is plenty you can do to avoid dealing with faulty equipment. A high proportion of breakdowns are related to limescale so preventative maintenance is key. Using the correct water filter and changing it on time, as well as regular servicing will give kitchen workers vital time back to concentrate on what they love best – creating incredible food for customers. Not only that but machines will run more efficiently and last for longer, saving money in the long run and improving businesses' impact on the environment.

THE TIME SAVING WISHLIST

39%

of kitchen staff want more robust cleaning schedules



1/3

want a preventative maintenance schedule to reduce equipment breakdown

1/4

want an external maintenance service team to check equipment is always in tip-top condition



SUSTAINABILITY MATTERS



75% | **83%**

OF PROFESSIONALS
WANT TO INCREASE
SUSTAINABILITY
IN 2021

SAY IT'S IMPORTANT
THEIR KITCHEN
OPERATES
SUSTAINABLY

While hospitality professionals want more time to concentrate on what they love best – achieving it with one eye on the planet is essential.

TOP
SUSTAINABILITY
SOLUTIONS

1
IMPROVE EQUIPMENT AND
ENERGY EFFICIENCY

2
RECYCLE MORE

3
REDUCE FOOD WASTE

4
REDUCE WATER WASTAGE

TAKE THE LONGEVITY TEST

How to ensure equipment lasts the distance and saves the planet

Invest in quality equipment – it will also save £'s in the long run

Prevent limescale build-up by using a water filtration system and monitoring filter usage

Choose machinery that meets your maximum needs – capability needs to match demand

**BRITA WAS FOUNDED MORE THAN 50 YEARS
AGO AND IS ONE OF THE LEADING EXPERTS
IN THE FIELD OF WATER FILTRATION.**

BRITA Professional's products are designed to produce the best filtered water for food and beverages by reducing particles, metals, minerals and chlorine that have an unfavourable impact on the taste, appearance and aroma of the final product. BRITA filters, which don't produce water wastage or use electricity, improve machine longevity by reducing limescale build-up.

By guarding against potential damage, businesses can not only improve the reliability and sustainability of equipment, but also cut down on energy costs.



**BRITA's Managed Services can help you avoid
expensive repairs or equipment breakdowns.**

Find out more [here](#).



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