

SERVICES

ADVICE ON STRATEGY

A nutrition strategy is a key part of many food businesses. As an AFN registered associate nutritionist, Hebe can provide impartial guidance on developing a strategy that reflects your business needs, is evidenced-based and value focused.

NUTRITIONAL ANALYSIS

Nutritional analysis of foods is an important part of recipe development. With a focus on accuracy and best practice, Hebe can provide a nutritional breakdown of recipes for use in a multitude of settings. Additionally, providing advice on best practice and re-formulation within your specific business setting. Hebe also has experience training other members of staff to undertake nutritional analysis at site level. As well as supporting the supply chain to provide accurate nutritional information.

SEMINARS & WORKSHOPS

Hebe is a confident and charismatic speaker, with experience delivering presentations, workshops and training on a variety of topics. Hebe delivers information in an interesting and accessible manner. Delving into topics that are often misunderstood, have been misquoted in the press or are popular on social media. She uses her scientific background to critically evaluate claims and break down the science. Popular subjects include debunking nutrition myths, vegan & vegetarian nutrition and nutrition training for chefs.

CONTENT CREATION

Hebe has experience writing a variety of articles on topics such as nutrition and wellness trends, seasonability and specific nutrition focused areas. Additionally, she has developed and assisted in the creation of nutrition marketing, training materials and resources for a variety of audiences. Similarly, she can provide and support with the development of evidence-based nutrition content for tenders and sales bids.

HEBE VALIANT NUTRITION

Person-focused, evidence-based nutrition services from Hebe Richardson
Bsc(Hons) ANutr



FOOD LABELLING: INCLUDING NUTRITION & HEALTH CLAIM CHECKS

Hebe can provide impartial advice and guidance to develop nutrition compliant food labels. Including suggestions on the best way to source and present this information to comply with food labelling regulations. Where appropriate, she can also assist in amending recipes to meet specific criteria e.g for front-of-pack nutritional labelling. As well as compliance checks for foods, menus and recipes with EU Health and Nutrition claims. Where appropriate, providing guidance or training on the best use of nutrition and health claims.

RECIPE DEVELOPMENT

Hebe has experience working on large scale collaborative projects with chef teams developing new recipe concepts and product ideas. She can provide the nutrition background to support new ideas in areas such as plant-based, sustainable or dietary focused trends. Support can be offered in the form of 1-1 meetings, brainstorming sessions, costing and the writing of recipes. This may also include guidance on nutritional analysis, food labelling and nutrition and health claims. Additionally, providing suggestions and ideas on marketing and delivery of the concept, menu or recipes.

THE DETAILS

PRICING

Costs are variable depending on the type of service you require and length of project. Get in touch to find out more.

CONTACT

Are there any other services you had in mind?

Hebe offers a free initial call to discuss the scope of your project. Get in contact to find out more via the email address below.

About Hebe

Hebe is an award-winning AFN Registered Nutrition professional with a Bsc (Hons) in Nutrition from Kings College London.

She has a variety of experience working within the food industry. Where she has been able to work across a variety of projects to support the health and wellbeing of business clientele.

Hebe works from a person-focused, evidence-based perspective. Meaning the scope of her work always looks to improve overall wellbeing, staying away from fads or trends. Focusing on ways to celebrate good food and nutrition while maintaining integrity and professionalism.



Registered Associate
Nutritionist