

Winter Newsletter 2023



New Year New Office

This year started off with an exciting move for MCTC as we officially moved offices to a bigger home in Limassol. The past few years have resulted in a lot of growth for us with our client portfolio expanding, so we were left in need of a bigger space to cater for our growing business and team.

We have settled in well and our new headquarters boasts a stylish décor, stunning rooftop garden and more office space with breakout areas for our team. We have hosted several events this year, including a Carnival Party and networking drinks in our new rooftop surroundings.



SUGAR Sweet BUT DANGEROUS

21st of February 2023 | 11:00 GMT+2

- History of Sugar
- High Sugar Intake and Health Problems
- Sugar Addiction
- How Much is Enough
- Sugar Quantity in Various Food Items
- Conclusions

Speaker:
Nichole Stylianou MCTC Nutritionist Dietitian

MCTC's Webinars

The MCTC team is made up of nutritionists, dietitians, culinary training co-ordinators, catering management specialists, and environmental experts. We are dedicated to improving standards and sharing best practice and this year we held a series of webinars to help educate and share our expert knowledge. Our webinars covered topics including out ESTIA digital e-learning platform, the dangers of sugar and our mission to drive the industry in reducing single-use plastics. Thank you to all who attended and we look forward to holding more next year.

A message from our CEO



Welcome to our Winter Newsletter. It has been an extremely busy year for us here at MCTC, starting off with the move to our new offices which was a significant milestone in the expansion and growth of our company.

Behind the scenes we had been working very hard on creating a new design and look for MCTC as we embarked on the next stage of our journey with more companies partnering with us and committing to investing in the health, nutrition, and wellbeing of their crews.

In September we revealed our new look to our clients and maritime friends and we were thrilled with the feedback we received.

Although MCTC is embarking on a new journey as we expand, our values of innovation, health and nutrition and excellence, remain unchanged. MCTC is continuing with its vision to improve catering standards onboard and offering a holistic approach to its customers through catering management, training, and wellbeing initiatives.

We have battled global crises including the shortage of provisions, increasing costs and disruptions to the supply chain. As always, MCTC faced these challenges with our holistic approach to catering management and helping companies navigate their way through these issues, and ensuring crews still create delicious and healthy menus within budget.

We hope you all enjoy the festive holidays - and as always, a big thank you to our crews who are working over the season. Thank you from everyone at MCTC.

Christian Ioannou

CEO

Vessel Visits

At MCTC we ensure the galley crews we work with can access support 24/7 from both our online platform Estia, onshore training and vessel visits. Our expert culinary training consultants have been busy this year visiting crews on ships in Sweden, Germany, US Gulf and Abu Dhabi to carry out training sessions onboard, discuss with crew

any challenges they are experiencing, and offering support and advice. They have all enjoyed creating delicious, healthy meals together and the crews are always delighted to have one of our experts onboard with them. We hope you have found these visits valuable, and we look forward to continuing these in 2024.



MCTC on the road

We have had a busy year with our team being out and about at various maritime events and conferences, including Maritime Cyprus and Crew Connect and Meet the Buyer events, which were attended by our CEO Mr Ioannou. He also attended and presented

at Forest Wave Navigation's crew conference and Atlantic Lloyd officers' conference last month. Culinary Training Supervisor Nichole Stylianou recently presented online to crew conferences with Lomar and SMT Shipping on the topic: How Nutrition Can Benefit Brain Function.

MCTC Joins ISWAN

We were delighted to officially join the International Seafarers' Welfare and Assistance Network (ISWAN) this year, which works to improve the lives of seafarers and their families with services, resources, strategies, and advocacy. One of our core values is looking after the health and wellbeing of crews, so their vision is fully aligned

with MCTC, and we were very happy to be welcomed into the ISWAN family.

We had a very enjoyable and productive visit from Alan Croft, Head of Business Development at ISWAN who met with our CEO Christian Ioannou to discuss the importance of the health and welfare of our seafarers.



Employee Wellbeing

We have a fantastic team here at MCTC and it is a core value of ours to ensure they feel recognised and taken care of. We promote looking after crews to the industry, so we are dedicated to making sure we are doing the same for our own staff. This year, we have had a great time celebrating our team and making sure they feel appreciated. We have taken part in Stand-Up Paddleboarding, had movie nights on our rooftop garden, enjoyed yoga sessions and celebrated both men and women with International Women and Men's Days. Thank you to our team for all your hard work this year.



MCTC Celebrates Festive Season

Our multi-national team with people from Cyprus, Greece, Germany and the Philippines, all came together to celebrate the festive season in December with a mix of activities, meetings, socialising, delicious food and some festive drinks. We started off the day with a burst of energy and took part in mini-golf and go-karting. We then all gathered for an internal meeting which was very productive and a Secret Santa gift exchange. The day didn't end there as we all headed into a fun-packed evening with pre-drinks, a gala dinner and non-stop dancing. It was the perfect end to an incredible day and extraordinary year. We would like to extend our heartfelt thanks to such a hardworking and wonderful team.



Highlights from 2023

Celebrating Our Cooks

Thank you to all of our clients, crews and the industry for getting behind us and supporting Cook's Day 2023. We were delighted to see so many of you getting into the spirit of the day and baking our delicious banana cake for your Cooks. It was important for us to create this special day dedicated to Cooks because we feel their role is often undervalued and overlooked.

CEO of MCTC, Christian Ioannou said: "It is important for all crew members to feel valued and appreciated, and we want our Cooks to know how vital their role is in keeping crews happy, and fed and watered through a healthy, well-balanced diet. There is always room for cake though, and we were delighted to see so many of you enjoying our special Cook's Day Banana Cake recipe.

Family Health and Nutrition Conference



This year we have held our two-day Family, Health and Nutrition Conference, in Manila, Philippines. Crew members and their families joined us at our Philippines offices where we talked about balanced healthy meals, the impact of sugar, behavioural control, the role of carbohydrates and many more. To spice things up we enjoyed some energetic Zumba dancing and other engaging activities. Thank you to everyone who attended. We are looking forward to our next conference.

Hamburg Rally Race

Well done to our MCTC Germany Managing Director Sven Schroeder who, took part in in HUC Summer Old-timer rally race representing the company in June. He kept his energy levels up thanks to fruit and vegetables that were offered to keep drivers focussed throughout the race, and had great fun taking part.

