



WILDERNESS

# NUTRITION MONTH

## WILDERNESS' FOCUS ON STAFF NUTRITION

Wilderness recognises the importance of balanced and nutritious meals for our staff, as this directly contributes to strong immunity and positive wellbeing. Locally sourced ingredients are the heroes of the day, and we support the local communities in all regions by purchasing their produce. Using seasonal produce from nearby areas reduces the footprint as well as nutrient loss as food is freshly prepared soon after it has been harvested.

These whole foods support the body's natural detoxification process, and the multitude of vitamins and nutrients boost immunity, contributing to vibrant health and improved energy levels.

Linda van Rensburg, Wilderness Group Food Experience Manager gave us some insight into how Wilderness is addressing staff food waste in our camps. "Food waste refers to the prep waste from peeling vegetables and plate waste, including bones. Currently, Wilderness has managed to get staff waste

down to 500g per person per day. This reduction is a result of chef training, portion control and food awareness campaigns in our kitchens", Linda advised.

We explored how staff nutrition is being implemented in our camps. These inspiring examples highlight how the hospitality industry can create sustainable healthy working environments. Nurturing the wellbeing of our staff, not only enhances job satisfaction, but also impacts an individual's health and happiness.



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*Your health matters.  
Small steps, powerful changes!*

## STAFF WELLBEING A TOP PRIORITY FOR WILDERNESS RWANDA

Wilderness Rwanda has implemented thoughtful initiatives and prioritised a healthy working environment for their teams by introducing sustainable initiatives that focus on staff fitness, wellbeing and nutrition.

The Bisate gardens not only supply fresh vegetables for guests, but also for staff to use for their meals, including a local favourite, Dodo spinach. To encourage healthy eating, the camp has reduced deep-fried food options on the staff menus, offering healthier and fresher options instead. This shift also has the additional bonus of limiting seed oil intake and reducing gas usage. Popular new dishes, fish stew and green banana stew, have been added to the staff menus, both tasty and nutritious. Additionally, Bisate has expanded breakfast options to include oats on select days and increased fruit options. The staff village has a fully equipped gym, promoting physical activity and encouraging a healthier lifestyle.

Magashi has revamped their staff menu focusing on a healthy and balanced diet. Flavourful and wholesome options include Inkoko yokeje (chicken), Ikarayi gikaranze (sautéed potatoes), and Ibishyimbo (beans). Magashi also demonstrates its commitment to sustainability by repurposing excess food for local pig farmers, minimising food waste and supporting the local community.

The teams at Sabyinyo are making good use of their recently installed gym, fitted with a treadmill, weights and yoga mats, allowing staff to engage in regular exercise and promote a healthier lifestyle. Committed to responsible waste management, Sabyinyo has implemented effective strategies, including composting the food waste generated on-site. This composted waste serves a dual purpose, both minimising environmental impact and supporting local farmers who use it as feed for their chickens and pigs.





## NAMIBIA'S NUTRITION INITIATIVES

Across Namibia's seven camps, a melting pot of diverse cultures gather to celebrate meal times at tables throughout their staff villages. Meals are shared and stories told.

The Namibian food culture is renowned for its quality meat, which is included in each meal. Simple starches and a good helping of sauce always go down well with the teams as does a nutritious bowl of pap, milk and sugar.

Although a love of vegetables belongs to the minority, accompaniments including roasted pumpkin, sweet potato and coleslaw are readily available, alongside an abundant fruit bowl, brimming with seasonal produce.

Our Namibia team is proudly kick-starting a new initiative this month – condiments with a purpose, and they are producing gut cleansing kimchi and chilli krauts. African dishes are often complemented with sweet, sour and chilli relishes that enhance the food's flavour. They are introducing a condiment that is not only tasty, but also contains beneficial natural probiotics to staff who consume a high-protein diet, as it will aid digestion and overall good health.

Wilderness Namibia's kimchi recipe will feature in our recipe book so watch this space.

## BOTSWANA'S MENU VARIATION

Wilderness Botswana has created a variety of menus for its staff, with camp Chefs deciding on the final dishes suited to their team's preferences and tastes. The majority of fresh produce is sourced locally and only meat farmed in the country is consumed. Waste management is a high priority and staff are encouraged to communicate their food preferences so wastage is reduced.

