

Environmental Matters



MCTC understands the importance of protecting the ocean and marine life from debris and pollution. As such, we're constantly trying to limit our carbon footprint by using local suppliers and eco-friendly packaging. Our Purchasing Officers always review MCTC processes to see where we can improve further and be more efficient.

In one review, we noticed that crew members were drinking water from single-use plastic bottles. We've since agreed to partner with a German engineering company to introduce a 7-stage reverse osmosis filter system on our clients' vessels, so crew can drink filtered water that doesn't come from a plastic bottle.

Research from the Barcelona Institute for Global Health found that the environmental impact of bottled water was up to 3,500 times greater than tap water. Significantly reducing single-use bottles onboard will prevent plastic from entering our oceans and damaging marine ecosystems.

Sven Schröder, MCTC's Business Development Director, said: "We're delighted to support the environment through the use of a 7-stage reverse osmosis filter set onboard vessels. The water tastes like it's bottled while including all the same nutrients but omitting plastic. This revolutionary water filter will make a big impact on protecting our environment and the future for the next generation."

For further information, please email:
contact-ger@mctconsultancy.com



Message from our Managing Director

Welcome to our Autumn/Winter newsletter. As the days get colder, it's important to keep taking care of yourself physically and mentally. Research from Oxford University shows that good health and wellbeing have a positive impact on our happiness and productivity, with cheerful employees 13% more productive. Similarly, a study by Warwick Business School on the relationship between economics and mental health revealed a 12% increase in productivity if employees are happy.

Happiness relates to all aspects of our daily lives, including health, with our wellbeing affecting relationships and how we react to situations. Our nutritionists ensure nutrient-rich foods, which fuel the mind and body, are provided onboard to maximise seafarers' mental and physical health.

We also work with our partners, Mental Health Support Solutions, for insights into the core nutrients that help benefit mental health. Additionally, MCTC caters to all nationalities to give seafarers a taste of home, which is important for people working at sea. All these elements impact someone's health, happiness and general wellbeing.

It's important to remember that a happy ship is a healthier and more productive one – which is why all employers should prioritise investing in health, for their crews' wellbeing.

Christian Ioannou
Managing Director



Keeping you informed

We believe that education is key to improving long-term health and encouraging wholesome living. Our newsletters are designed to provide additional learning, so galley crew better understand why it's so important to lead a healthy lifestyle. Our team of experts compile newsletters with helpful tips and ideas to support galley workers.

Launching shortly, our next series of newsletters will cover topics including the difference between red and white meat, the consequences of an unhealthy lifestyle and the importance of discipline and punctuality in the galley.



Social Media

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Twitter / Facebook / LinkedIn**

Please click on the icons to
access our social media sites



Growing the MCTC fleet

While shipping continues to navigate the choppy waters of the Covid-19 pandemic, we remain on course for strong growth in 2021 as more companies recognise the need for an international catering management specialist. MCTC will take on around 130 additional ships, increasing the number of vessels under management to more than 700, by the start of 2022 – a sign of our ever-growing reputation and market-leading position.

Annual Cooking Competition

To inspire creativity, and because it's fun, we run an annual cooking competition as we want cooks to be passionate about food. The theme for this year's competition will be announced shortly, so stay tuned for more information.

New Galley Inspection Course

Our new online Galley Inspection Course is scheduled to launch in 2022. It's designed to cover a range of issues such as food contamination, guidance for cleaning rotas, how best to make different surfaces spotless and much more. Further details to follow.

