

## HEALTHY EATING POLICY

We recognise the importance of providing a range of catering options to our customers and the need to provide a range of options to suit their requirements and budgets.

To assist young people in selecting a balanced meal we serve portions of fruit, vegetables and salad with plenty of carbohydrate for energy.

Alongside our suppliers we actively work to reduce the fat, salt and sugar levels of our food against target specifications set by the Food Standards Agency. Whilst monitoring these levels we also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within our range of products.

Fat content is kept to a minimum by choosing low-fat or lean ingredients where possible and using low-fat cooking methods.

### **Our Aims**

- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure children have sufficient food and drink for their needs.

### **We aim to provide:**

- Availability of fresh fruit with main meals
- At least one fresh vegetable will be served each day
- Availability of vegetarian homemade soups
- Reduction of sodium salt
- Reduction in fats (particularly trans and saturated fats)
- Reduction in added sugars
- Encouraging fibre rich foods

In addition:

Water is available with all meals

Squash is available on request

Our menus are seasonal and we try to make the most out of the seasonal and regional fresh produce.

We have a network of suppliers that are continuously reviewing and who actively work towards improving our offering.