



City Catering

Nutrition and Healthier Eating Policy

City Catering believes that by providing pupils with a healthy, nutritionally balanced meal, we help to support their learning and development during the day.

We are committed to helping our customers move towards a better diet, yet understand that they do not just eat food for its nutritional value, but also for enjoyment.

Our menu cycles are designed to comply with the School Food Standards. We use the 'Eatwell Guide' as a tool to base our menus around the 4 main food groups:

- Fruit and Vegetables
- Bread, Rice, Potatoes, Pasta and other starchy foods (*wholegrain where possible*)
- Meat, fish, eggs, beans and other non-dairy proteins
- Milk and dairy foods/dairy alternatives

Foods and drinks high in fat and sugar should be eaten less often and in smaller amounts.

Portion sizes are in line with recommendations from the School Food Standards.

To promote this, we will continue to:

- provide variety and choice within our menus and actively encourage our customers to select healthier meals/foods.
- adapt our methods of food preparation and service to provide less fat, sugar and salt and more fruits, vegetables and starchy wholegrain foods.
- review recipes to further reduce fat, free sugar and salt
- monitor our products for undesirable additives and artificial trans fats, genetically modified ingredients and nuts.
- ensure our menus meet Government Standards

We believe that the achievement of these healthier eating objectives requires the practical, day-to-day commitment of all catering staff. Accordingly, the promotion of good nutrition and our role in supporting the "whole school approach" is an integral part of our service.