

Healthy eating

To benefit long-term pupil wellbeing, we place great emphasis on healthy eating.

Ensuring pupils, staff and visitors receive healthy nutritious food every day is of paramount importance to us. We have a responsibility to your pupils and staff to assist them in being able to make healthy choices. We will offer nutritionally balanced menus that promote healthy options and educate pupils on the importance of eating a balanced diet, preparing a minimum of 90% of all our dishes using fresh ingredients.

Our fresh food from scratch ethos (as outlined previously) is the backbone of our approach to healthy eating and we have created a style guide which we use to train staff and monitor our services through regular audits conducted by our senior management team.

Our chefs have the freedom to develop menus, but we restrict the ingredients they can buy to ensure they cannot buy items such as:

- Packet mixes
- Frozen, pre-made dishes
- Ready-to-use sauces.

Healthwise – our established healthy eating programme

We created Healthwise to promote healthy eating through two main commitments:

- To train our staff to compile healthy balanced menus and adopt healthy cooking practices.
- To engage with our customers and inform them to make healthy food choices.

We will train our staff in the essential elements of a healthy diet and the balance required through the five food groups. We will also give them practical training on healthy cooking practices.

We outline here the ten Healthwise principles that underpin our catering services.

