



An exciting new twist on our catering provision across all Education South West Primary schools will take place from September 2020. As part of the school's application for the bronze award Food for Life we will be changing the way we create schools lunches! We are naming this project Food for Learning.

It means dishes are freshly prepared from locally sourced and fully traceable ingredients which will raise quality standards across the board. The meat will be farm assured, the fish fresh from local supplier and MCS approved and the eggs all free range. We use as much seasonal produce as possible and some of it may be grown on your school site in the near future.

This means NO processed foods bought in and foods will be less high in fat but low in salt & sugar.

So, for example, if chicken nuggets are on the menu they will be home made from fresh chicken (farm assured source) with our own coating containing no undesirable or artificial trans fats and no GM ingredients!

Our Catering staff have received development training to provide or enhance the skills required to produce dishes from scratch. We can still cater for dietary and cultural needs as required.

The school lunch will cost £2.60 plus we are introducing a 'Lite Bite' option as well as the jacket potato alternative option. The Lite Bite is a smaller or lighter version of the day's main/vegetarian meal option and is served with a small pot of fresh fruit. This is for those on a tighter budget, a smaller appetite or those eating a main family meal at the end of the day. It is priced at £1.60.

Please remember we will still provide as standard fresh raw carrot & cucumber sticks, cherry tomatoes, slices of wholemeal baguette.

The Food for Life providers the Soil Association state in their fact sheets that pupils in 'Food for Life' schools were;

- Twice as likely to eat 5 or more portions of fruit & vegetables per day
- 40% more likely to 'like' or 'really like' school meals.
- Likely to consume approx. 1/3 more fresh fruit/vegetables than those in comparison schools.