

## CHARTWELLS SCHOOLS HEALTHY EATING POLICY

Chartwells do not take lightly our responsibility to provide a healthy, balanced food offer to our pupils.

It is important that the food available to pupils in a school environment is not only food they want to eat but also food that provides a variety of nutrients that are essential for good mental and physical health. It has been proven that adopting healthy eating habits in the early stages of life will lay the foundations for future health. Therefore school food provides a key opportunity to influence the health and wellbeing of pupils beyond the school canteen.

### Ingredients

For that reason Chartwells have a robust team of nutritionists that oversees every ingredient used in our recipes and menus to ensure they are of the highest nutritional quality. We monitor for,

- ✓ Salt targets
- ✓ Artificial trans fats
- ✓ Hydrogenated vegetable oils
- ✓ Unwanted additives
  - *Including artificial colourings, preservatives, sweeteners, flavourings*
- ✓ Meat content
- ✓ Sugar levels

### Recipes & Menus

Our recipes & menus are developed in line with current UK healthy eating guidelines and closely follow the principles set out within the *Eatwell Guide*.

In addition all of our day parted menus are compliant to the *School Food Standards* as set out in the *School Food Plan*, we also follow the plans *recommended portion size guidelines* for primary and secondary aged pupils.

### Above & Beyond

Chartwells are not only fully compliant with nutritional guidelines and legislation but we pride ourselves on going above and beyond nutritional boundaries to ensure we are the market leaders in health & wellbeing.

We have implemented our own *2020 Health & Wellbeing strategy* with key commitments to our pupils to promote healthier food, healthier future and healthier lives, this includes objectives such as meat free Mondays & promoting healthy hydration.

Additionally we recognise that providing nutritious food is not enough to ensure pupils are making the right choices at the counter. We have an extensive nutrition education programme in place to educate our pupils on the importance of healthy eating, ranging from our 'Putting Fun into Food' programme to nutritionist led classroom workshops and assemblies.

For more information please contact the Chartwells nutrition team

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