



# Chartwells Schools

## HEALTHY EATING POLICY STATEMENT



Chartwells do not take lightly the 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, Chartwells school food provides a key opportunity to influence the health and wellbeing of pupils in the school canteen.

### Ingredients

For that reason Chartwells have a team of nutritionists and robust processes in place which oversee every ingredient used in our recipes and menus to ensure they are of the highest nutritional quality.

We monitor for:

- Salt targets (PHE targets to be released early 2019)
- Artificial trans fats (PHE targets to be released early 2019)
- Hydrogenated vegetable oils
- Unwanted additives (Including artificial colourings, preservatives, sweeteners, flavourings)
- Meat content
- Sugar levels; Chartwells have committed to reducing 20% of total sugars from our dessert lines by 2020

### 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.

All of our day parted menus are compliant to the School Food Standards as set out in the School Food Plan and follow the plans recommended portion size guidelines for primary and secondary aged pupils. In addition, the Food for Life catering mark provides independent endorsement that Chartwells are meeting the School Food Standards and serving food prepared from fresh, sustainable and locally sourced ingredients. Many of our in contract Chartwells menus comply with these high standards, supporting schools to impact both pupils and the wider community.

### Allergen Information

Chartwells allergen management procedures are taken extremely seriously and all kitchens are trained by our nutrition teams to be fully compliant to the Food Information for Consumer Regulations (2014). These regulations make it a legal requirement to provide allergen information for all food bought and/or consumed in house. Chartwells 'Are you Allergen Aware?' health and safety campaign also serves to underline Chartwells allergen management procedures. This campaign includes useful Food Safety information, training cards and awareness posters for units for kitchen teams, pupils and school staff.

### All-inclusive Food Offer (Special Diets)

A child's special dietary need should not prevent them from enjoying a nutritious and tasty school lunch with their friends. Which is why Chartwells caters for a wide range of special diets and offer both bespoke and Allergy Aware menus to serve pupils with food allergies and/or intolerances safely.

### 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, 20% Sugar Reduction and promoting Healthy Hydration.

We recognise that providing nutritious food is not enough to ensure pupils are making the right choices at the counter. Our brand new Beyond the Chartwells Kitchen programme helps pupils to build a personal toolkit of knowledge, skills and inspiration – which we believe are the key ingredients for happier healthier futures. This programme offers 6 brand new modules made up of interactive age appropriate workshops which focus around PSHE, lifeskills and other curricular objectives. We have nutritionists, chefs and food ambassadors on hand to deliver these workshops.

For more information please contact the Chartwells nutrition team [nutrition@compass-group.co.uk](mailto:nutrition@compass-group.co.uk)