

Academy Schools

Healthy Eating Policy Statement

A balanced diet is essential for good mental and physical health, and to optimise growth and development in children and young people. Adopting a healthy diet and good eating habits in the early stages of life will lay the foundations for future health.

Chartwells strives to use the highest quality fresh ingredients, incorporating seasonal and regional produce where possible. We have a network of national and regional suppliers with whom we actively work to reduce the fat, salt and sugar levels of our food. Whilst monitoring these levels we also work to minimise and eliminate, where possible, the use of artificial additives. None of our ingredients contain the 'Southampton Six' artificial colours which have proven to increase hyperactivity in children.

Chartwells support the commitments Compass Group has made to the Government's Responsibility Deal. None of our ingredients contain artificial trans fats and we are working closely with all of our suppliers to ensure our ingredients meet the 2012 salt targets.

Our menus are developed in line with UK healthy eating guidance and based on the principles of the Eatwell Plate. Chartwells will always adhere to the food and nutrient based standards as set out by the School Food Trust. We apply the standards to our varied food offer whilst being considerate of what pupils want to eat. We can provide detailed recipe and menu analysis for all of our dishes and menus.

We strive to be more than just caterers and in addition to a nutritious food offer we have a nutrition education programme in place to educate pupils on the importance of a healthy balanced diet. Our 'Putting Fun Back into Food' programme supports schools in adopting a whole school approach and makes learning about nutrition and food fun and inspiring.



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Senior Nutritionist

EAT

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Chartwells

The Chartwells Charter for Academy Schools

Eat – We will always:

- Positively promote good value, nutritionally balanced meal choices.
- Listen to our customers and take account of their requirements.

Learn – We can actively support the education environment by:

- Offering information on food, health and lifestyle to our academy schools and pupils.
- Arranging guest speakers, food demonstrations and delivering fun interactive workshops to support teaching and learning.

Live – We support the well-being of pupils, students, families and staff:

- By working with experts around the growing, purchasing, and the preparation of our food.
- By placing value on the wider community through our commitment to the Government's Responsibility Deal.

EAT

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