



*Our Commitment to*

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**GOOD NUTRITION**

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**HOLROYD HOWE**



## INTRODUCTION

At Holroyd Howe we wholeheartedly encourage the move towards a healthier lifestyle within our schools and as such, we ensure that the structure and content of all our menus promotes the wellbeing of everyone we feed.

We adhere to the principle of 'getting the balance right', which simply means having enough fruit and vegetables, protein, fibre and starchy foods whilst avoiding too much fat, sugar and salt.

The nutritional guidelines for school meals across all state schools are not a legislative requirement for independent schools. However, we recognise

our responsibilities to keep within these guidelines and as such we have created our own 'Nutritional Guidelines' to follow in line with what we believe to be best practice. Our ultimate goal is to help pupils of all ages enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit. However, we will of course ensure our meals are balanced to include the occasional treat!

These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.

*" We want the children that we serve to eat well in our dining rooms and perform well in their classrooms"*





## FRUIT AND VEGETABLES

Fruit and vegetables are a good source of essential nutrients and have lots of important health benefits and can replace foods that are high in fat or sugar.

National surveys show that children's intake of fruit and vegetables is currently less than half the recommended minimum daily amount of five portions a day.

Vegetables should be fresh and seasonal with only a few exceptions. We commit to providing at least two vegetable dishes at each service. These will be steamed wherever possible to retain vitamins and minerals. We serve pulses and beans and whilst baked beans are a popular choice, we will not serve them daily.

A selection of fresh fruit is served at every mealtime. In addition, we will complement these items with other dessert choices such as:

- Fruit crumble
- Apple pie
- Fruit sponge
- Apple cobbler
- Fresh fruit jellies
- Yoghurts and custards
- Fruit skewers

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## MEAT, FISH AND OTHER NON - DAIRY PROTEINS

These foods contain adequate protein supplies for growth and repair. We encourage children to eat more fish containing omega-3 fatty acids which in turn help to maintain a healthy heart.

We will always look to include a food from this group on a daily basis. Fish is offered at least once per week and of that fish, oily fish will be provided at least once every three weeks. We will also offer small taster portions to introduce pupils to fish dishes they may not have tried before. Research shows small tasters are a good way of helping children to accept new or unfamiliar food.

We will ensure that red meat is provided at least twice a week in schools.

### WHAT THIS FOOD GROUP INCLUDES

fresh • frozen • canned meat • poultry • fish • ham • bacon • eggs • dried pulses • beans • soya products • lentils • kidney beans • chick peas • lima beans

### RED MEAT

Beef • lamb • pork • pork products

We offer a variety of red meats, with an emphasis on dishes made from raw ingredients rather than using bought-in and pre-prepared products. We use lean cuts, we trim meat carefully, we bake rather than fry and we skim fat from casseroles and stews.

### FISH

Cod • haddock • plaice • coley • halibut • hake

The definition of an oily fish is one containing omega-3 fatty acids. This includes fresh, canned or frozen salmon, sardines, pilchards, mackerel, herring and fresh or frozen tuna.

NB Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process. Tinned tuna or white fish with added omega-3 fatty acids do not meet the requirement.

We also select all our fish from sustainable sources.

*“Research shows small tasters are a good way of helping children to accept new or unfamiliar food”*



## STARCHY FOOD

Eating non fatty starchy foods is a key part of a healthy diet and will help to control calorie intake as fat is a very concentrated source of calories.

### WHAT THIS FOOD GROUP INCLUDES

bread • pasta • rice • couscous • noodles • potatoes • yams • millet • cornmeal • other cereals.

Starchy food cooked in fat or oil will not be provided more than three times in a single week. On any day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil will also be provided.

We will always try to promote wholegrain varieties of pasta, rice and bread.

### EXAMPLES OF STARCHY FOOD COOKED IN FAT OR OIL

sauté and roast potatoes • fried rice • chapattis made with fat

We use clean oil that is high in unsaturated fats such as sunflower, rape, soya, olive or a mixed vegetable oil.

### EXAMPLES OF STARCHY FOOD NOT COOKED IN FAT OR OIL

boiled plain rice • pasta • noodles • couscous • sweet potatoes • mashed potato • jacket potatoes

### BREAD

A selection of plain breads to include wholemeal will be available as an accompaniment to a main meal on a daily basis.

Wherever possible, bread will be freshly baked on-site. All types of bread are acceptable as long as they have no added fat or oil.

We keep the use of salt to a minimum at all times.

*“Eating non-fatty starchy food is a key part of a healthy diet and will help to control calorie intake”*



## DRINKING WATER AND HEALTHIER DRINKS

### DRINKING WATER

Water promotes hydration and has no calories. Easy access to free chilled drinking water must be available to children at all meal times.

### HEALTHIER DRINKS

Where appropriate we provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements and fruit or vegetable juices that provide vitamin C and other important nutrients such as carotenoids.

### EXAMPLES OF HEALTHIER DRINKS

Water (still or carbonated) • pure fruit juice • vegetable juice • milk (semi-skimmed or skimmed) • yoghurt based drinks • smoothies

### GOOD PRACTICE

We look to provide drinks that are unsweetened and additive free.

Where possible, we encourage schools to provide drinks which do not contain preservatives, flavourings, colourings and sweeteners.

*“Where possible we encourage schools to provide drinks which do not contain preservatives, flavourings, colourings and sweeteners”*





## MILK AND DAIRY FOOD

Milk and dairy foods help maintain good intakes of calcium, protein and riboflavin.

Dairy food will be available at mealtimes every day.

We limit the serving of cheese to no more than once a week as the only vegetarian option.

We limit the serving of full fat fresh cream with desserts and puddings and replace with crème fraîche, low fat yoghurts or fresh fruit coulis and syrups as an alternative.

### WHAT THIS FOOD GROUP INCLUDES

Milk • cheese • yoghurt • fromage frais • custard  
Not butter and cream.

*"Milk and dairy foods help maintain good intakes of calcium, protein and riboflavin"*





## CONFECTIONERY AND SNACKS

Confectionery products are all high in sugar and some are also high in fat and do not make a valuable contribution to a child's nutrient intake. Confectionery products contribute to tooth decay.

Where possible we limit the amount of confectionery and crisps available to children and replace with the following (homemade where possible):

- Popcorn bags
- Dried fruit bags
- Traybakes such as fruity flapjacks, low fat brownies
- Cakes such as carrot cake, banana loaf, malt loaf, beetroot cake
- Fruit muffins
- Apple and other fruit shortbreads
- Cookies and biscuits (offered in moderation)

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# DEEP FRIED FOOD

These need to be cut down in order to reduce the amount of fat that children eat. This will help to control calorie intake as fat is a very concentrated source of calories.

Deep fried foods should not be served more than twice per week.

## WHAT COUNTS AS DEEP FRIED FOOD?

Any food that is deep fried or flash fried either in the kitchen or in the manufacturing process. This includes: pre-prepared coated, battered and breaded products such as chicken nuggets • battered fish • fish fingers • samosas • potato shapes • spring rolls • battered onion rings • doughnuts • chips (including oven chips) • potato waffles

## GOOD PRACTICE

We prepare as much food as possible from fresh and avoid deep frying.

When frying we always use clean oil at the right temperature.

We use oil that is high in unsaturated fats like sunflower oil, rape, soya or a mixed vegetable oil.

We always ensure that excess fat is well drained off products prior to serving.

# SALT AND CONDIMENTS

Most condiments are highly salted and children often consume more salt than they need. This is also the case with many bought in food products as they act as a preservative. High salt intake increases the risk of high blood pressure, which can lead to heart disease.

Salt is not made available on the counters or on the tables. Children do not need extra salt in the dining room because the food that is served to them will already contain enough salt.

## WHAT DO CONDIMENTS INCLUDE?

Tomato ketchup • brown sauce • salad cream • mayonnaise • French dressing • mustard • pickles • relishes

## GOOD PRACTICE

We only serve condiments on request.

Reduce the amount of salt used in cooking.

Add herbs and spices to dishes to enhance flavour and cut down on the need for extra salt and condiments.

*“Deep fried foods should not be served more than twice per week”*

*“High salt intake increases the risk of high blood pressure, which can lead to heart disease”*



## PACKED LUNCHES AND MATCH TEAS

These foods represent a significant feature at all our schools.

Where match teas are served for sporting events, it is important to consider the children's requirement to eat the right type of food associated with each occasion. For example pastas, rice and jacket potatoes with fillings being high in carbohydrates, would be ideal for winter months and matches such as football, rugby and athletics.

Fresh fruit and fruit juices providing vitamin C are ideal for packed lunches or picnics.

To move away from the traditional sandwich, crisps, chocolate, juice and fruit offer, we suggest replacing some of these items with the following:

- Homemade cookies and cup cakes
- Homemade muffins to include savoury muffins such as cheese and chive
- Homemade yoghurt, custard and fruit dessert pots
- Mini bags of popcorn, dried fruit, twiglets, rice cakes and corn chips
- Tray bakes such as flapjacks, brownies etc.
- Savoury tartlets or mini quiches
- Salad meals in the summer to replace sandwiches
- Vegetable crudité and snack dipping pots
- Smoothies and milkshakes

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