



## Healthy Eating Policy Statement

At Mellors Catering Services we understand the vital role that good nutrition plays in the maintenance and protection of health. It is our policy to ensure that all of our Secondary Schools offer a range of foods that enable students to make healthy eating choices.

Our menus are developed using the five main food groups demonstrated by the Eatwell Plate and we endeavour to use low fat cooking methods wherever possible. We hope to nutritionally educate pupils guiding them towards choosing healthier, more balanced meals, which in turn will play a crucial role in decreasing their saturated fat, salt and Non Milk Extrinsic (NME) sugar intake.

Mellors Catering Services fully supports the government led Food Based Standards and the School Food Plan. With that in mind our recipes and menus meet the required standard for the appropriate age group within Secondary Schools. With this level of commitment we also assist all of our schools to achieve healthy schools status. Our balanced menu meets bronze Food For Life Partnership (FFLP) criteria which in turn positively impacts on health, education and local economies and strives to 'close the gap' between disadvantaged children and their peers.

We understand that healthy eating is not always at the forefront of a student's mind and so we work closely with our regional and national suppliers to improve the nutritional content of our branded products, ensuring we are actively meeting the target nutrient specifications set by the Food Standards Agency. Whilst monitoring these levels we also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans fats from within our product range. We also promote the use of low fat dairy products across the business and herbs and spices are now favoured over salt in the cooking process.

Mellors Catering Services appreciates that the health provision for young people needs to be improved and through our commitment to healthy eating we aim to support this at every opportunity. As a registered supporter of the Change 4 Life government led health and wellbeing scheme we aim to reach out to parents and the wider community ensuring we are all together healthier people.

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