

# Our Foundation

Dear Parent,

Sodexo are delighted to continue to cater for your child at Runnymede St. Edward's School. Our Independent Schools division has over 50 years experience within the Independent schools business.

**A healthy, balanced diet** plays an increasingly important role in the well-being of young people and, as all pupils have very busy days at school, it is vital that they are able to look forward to **tasty meals in a relaxing, friendly environment**.

In recent years, diets and lifestyles have changed significantly: we now have a much greater choice of, and consume far more, energy-dense foods and this, coupled with a continuing decrease in levels of exercise, is resulting in **many children and young adults becoming overweight**. To combat this, Sodexo adopts a **healthier approach to cooking methods**, including:

- Baking dishes, rather than frying
- Batch cooking so that the maximum nutritional value is retained
- Grilling food on racks
- Adding extra vegetables to dishes e.g. Lasagne, curries
- Adding pulses to some vegetarian dishes to improve the protein content.
- Leaving 80% of our salads undressed.
- Encouraging the use of herbs and natural flavourings in place of salt

Sodexo is also actively working with its suppliers to ensure that the **ingredients used are reduced in salt, sugar and fat**. Recent examples of this are:

- Reduced salt and sugar in baked beans
- Use of lower fat spreads and mayonnaise
- Healthier monounsaturated cooking oil replacing standard vegetable oil
- Tuna in brine has been replaced with tuna in spring water

Sodexo works closely with each school it supplies to ensure that all pupils are provided with nutritionally balanced meals. Balance is achieved through variety and we ensure that the menus are regularly reviewed. However, at every meal time the following is always available:

- Fresh vegetables
- Fresh and varied salad bar
- Fresh fruit
- Fresh pro-biotic yoghurt

Sodexo will always endeavour to provide meals suitable for those with **special dietary requirements**<sup>1</sup> and to have **popular traditional meals** and a wide range of **ethnic dishes** available. We will be more than happy to discuss your individual child's needs. We **already meet the food standards**, which the Government has instigated in the State Sector since September 2007.

Whilst Sodexo and Runnymede St. Edward's School actively promote and encourage healthier, nutritionally balanced meals, our philosophy is pupils should be **free to make their own informed choice** from the selection available. For the younger children it is important that meals look tasty and attractive as well as providing a nutritional balance for your child. To encourage them to try new dishes, we will

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introduce sample taster pots in order to expand their tastes into new dishes they may not have tried before.

Our fresh food from scratch approach is 'Our Foundation' to everything we do and believe is best for our customers. Our customers deserve food that is cooked fresh each day, using only the freshest of ingredients which are seasonal.

Special dietary requirements, vegetarian and ethnic can be catered for. We are supported by our Dietician who will also be able to offer advice.

Our Catering Manager will more than happy to discuss any questions or concerns that you may have and can be contacted via Runnymede at St.Edward's School on 0151 281 2300.

Yours faithfully

**Sodexo Education**



# Our Healthwise Policies

Healthwise represents Sodexo's commitment to deliver healthier, nutritionally balanced dishes to our customers.

Our policies are designed to encourage children to eat better by providing a tasty and visually stimulating selection and by reducing the availability of high fat or high sugar choices.

Outlined below are our 10 Healthwise policies:

1. Follow the 5 A DAY guidelines and serve a colourful variety of plain fruits and vegetables at every meal
2. Serve one dessert based on fresh fruit e.g. fruit salad or platter
3. 80% of salads to be served without any dressing (these are available separately if desired)
4. Serve one starch such as potato, rice or pasta – cooked and served without added salt or fat such as butter or olive oil
5. Use monounsaturated fats: rape-seed oil for cooking, olive oil for dressing
6. Trim meat to ensure that it is lean: remove all skin from poultry
7. Offer oily fish items: tuna in spring water, smoked mackerel, at least twice per week
8. Salt is only to be provided on a side table
9. Have plain drinking water available
10. Get to know and use the lower salt, fat and/or salt products that have been specially sourced for Healthwise

We warmly welcome and encourage your comments on the service and food at Runnymede St. Edward's School. Please talk directly to any member of the team who are all here to assist you.



## FeedLife Prep

FeedLife Prep is Sodexo's fantastic food offer for the children at Runnymede St. Edward's School.

The signage used to enhance the dining room is designed to make the pupils feel as if it is their own space, allowing them to relax and socialise with their peers at mealtimes. The modern atmosphere is reflected in the menus and the way in which the food is presented and served to the pupils, acknowledging what the children like to eat.

The healthy eating message is reinforced in many different ways, from sourcing healthier products, using healthier cooking methods, and providing nutritional information to highlighting the healthier dishes on the menu and promoting the benefits of living a healthier lifestyle.

To ensure that the feel of the offer is kept fresh and new, the catering team will be continually developing new initiatives to tantalise the taste buds and provide something different and exciting each term.

Feedback will be gathered during the term from the pupils and this is used to develop the menus and services over the course of the year.

Daily healthy eating messages, 'On This Day' trivia, and information on forthcoming promotions all help to make mealtimes something to look forward to and ensure that pupils are refuelled and refreshed to face the rest of the school day.

Pupils will have the opportunity to order their lunch the day prior, which will support with the smooth running of the service each day.



# Welcome to FeedLife Prep



This is Chris Cress  
One of our Main  
Characters

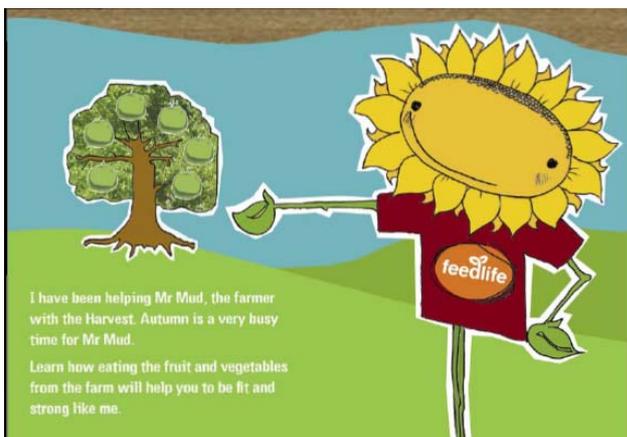


This is Sunny  
Another of our Main  
Characters



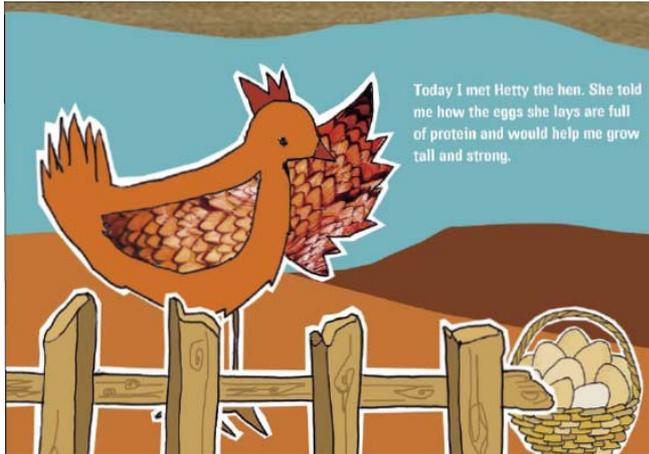
The use of generic characters enables us to develop stories that teach the younger children the origins of food and the main components we all need in order to grow and maintain a healthy lifestyle.

The stories also build in curriculum activities – growing of sunflowers, cress seeds – and encourage work alongside Runnymede.



Examples:

- Need for nutrients, fluid and exercise to be healthy
- Where food comes from: growing; raw state; cooked
- Recipe variations
- Looking at the eatwell plate



Storyboard posters are displayed that underline the link between the product and where it came from.

For example: Hetty the Hen shows that chickens provide us with eggs which can then be made into many dishes – omelettes, egg custard, meringues, scrambled eggs – as well as the chicken itself.

## What is available for my child?

### **Main meal**

Choice of hot main course, one of which is suitable for vegetarians

Or

Choice of sandwich

Or

Protein item e.g. tuna, cheese

And

Choice of two vegetables or both

And

Self help salad bar will be available daily

And

Potato or carbohydrate dish of the day

And

Bread

### **Dessert**

Choice of hot or cold dessert (Including yoghurt)

Or

Fresh fruit- whole or cut

Or

Fruit yoghurt

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

