

## School Meals

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Parliamentary Food and Health Forum

# BRAKES

## Foodservice solutions

**BRAKES**  
Foodservice solutions

Challenges: wide diversity of interested parties

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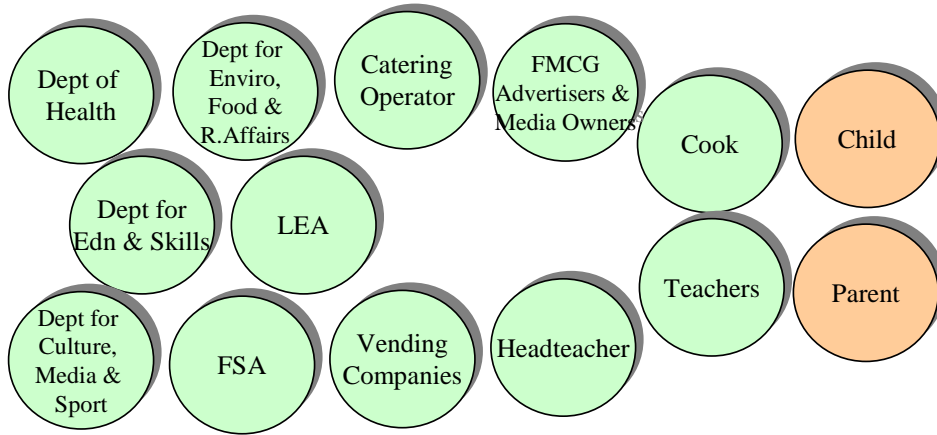
Child

Parent

**BRAKES**

Foodservice solutions

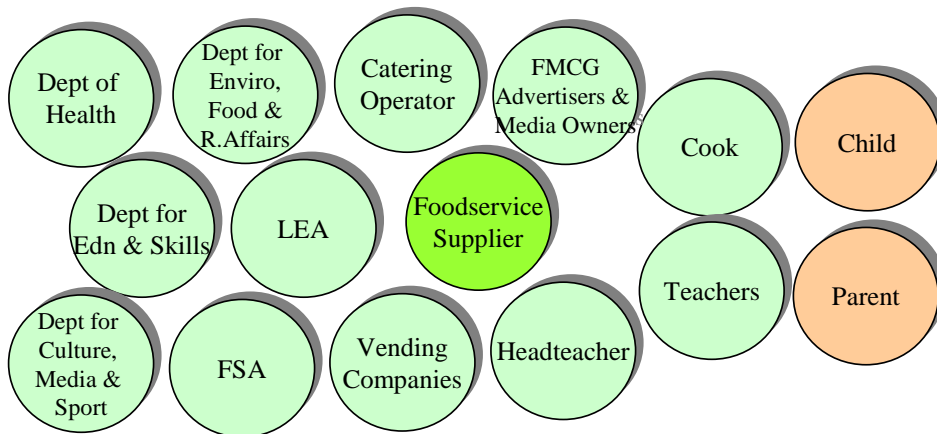
**Challenges: wide diversity of interested parties**



**BRAKES**

Foodservice solutions

**Challenges: wide diversity of interested parties**



- **School meals provide 10% of total diet**
- **14% of children entitled to free meal**
- **11% of children take meal**
- **Children are discerning consumers**
- **Children can choose to spend their money outside of school**
  - **Major spend is on crisps**



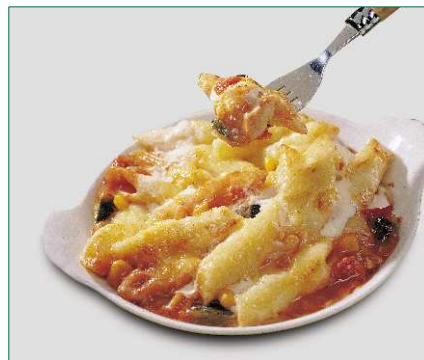
- **Low Skills**
  - **Lack of training**
  - **Minimum wages**
- **Poor facilities**
  - **Old kitchen equipment**
  - **Dual use dining rooms**
  - **Loss of facilities**
- **Whole School approach**
  - **Crowd control**
  - **Keeping Kids in for the afternoon**
  - **Commitment to health of children**



- School meal budgets are tiny
- Typical food cost c45p/meal
  - 15p main course protein item
  - 12p dessert
  - 18p for the rest
- Cost is determined by the value of the free school meal
  - Varies across IEA's
- Children pay about £1.40
- Scotland invested £65m in Hungry for Success
  - Some used to subsidise increased food costs



- School Lunches Regulations England
- Based on food groups & frequency
  - Still allows high fat foods
  - Encourages more fruit and vegetables
  - Some monitoring studies were published last year
- New consultation announced for 2006
- Scotland trying nutrient based standards
  - Hungry for Success
  - Not yet sure of success

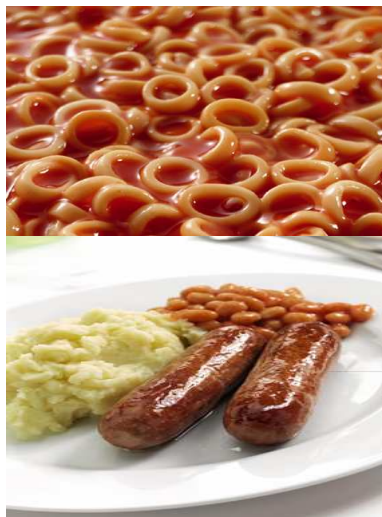


- Meet the need for convenience
- Play to the tastes of children when developing healthier products
- Work to reduce fat, salt & sugar content of standard products
- Support customers with advice and information



**Just Eat More**  
(fruit & veg)

- Using the logo on packaging
- Working with schools to show how to include fruit and vegetables in dishes
- Innovative ways to serve vegetables
- Recipe dishes including vegetables
- Desserts including fruit



## BRAKES

Foodservice solutions

### Cut the fat and salt

- Salt Reduction programme:
  - Over 10 tonnes pa out of product including basics such as mashed potato & fish fingers
- Our new range has reduced schoolchildren's intake of:
  - fat by over 3 tonnes so far this year too:
  - salt by nearly ½ tonne
- Rework recipes and menu's substituting natural flavourings



## BRAKES

Foodservice solutions

### Provide a Nutrition Service

#### Gluten-free

People with Coeliac Disease need to follow a strict Gluten-free diet for life. Gluten is a protein found in wheat, it damages the lining of the small intestine so that food cannot be absorbed. Similar proteins which are also harmful to coeliacs are found in oats, rye and barley.

##### Foods to Avoid

All wheat, oats, rye and barley or flour, bread and breadcrumbs, biscuits, batters, risk, semolina, cake, pastry, pizza and pasta. Also watch thickened sauces, gravy and soups as well as some salad dressings.

##### Foods Allowed

Fruits and cereals: Cornflour, rice flour, soya flour, potato starch and arrowroot. Cereals such as rice, rice noodles, sago or tapioca.

##### Other Foods

Milk, fish, eggs, cheese, milk, Vegetables, Salt, peas and beans, potatoes, Fats and oils, Butter, margarine and vegetable oil.

##### Catering for Gluten-free diets

- Serve plain foods.
  - Do not use recipes to include a variety of different foods.
  - Treat all sauces with cornflour.
  - Avoid contamination with utensils, breadcrumbs or other foods containing gluten.
- Many people with Coeliac Disease bring their own special bread.

A selection of menu ideas can be found on the back of this leaflet.



Catering for Special Diets

- Qualified nutritionists and dietitian
- Nutrition Helpline
- Ingredient Listing
- Allergy Lists
- Special Diets
- Posters and Leaflets
- Training with cooks
- Web based information
- Menu Cycles
- Recipe Ideas