

Nutrition

GUIDELINES

Holroyd Howe





CONTENTS

INTRODUCTION	5
BREAKFAST	7
LUNCH AND SUPPER	9
FRUITS AND VEGETABLES	11
STARCHY CARBOHYDRATES	13
SOURCES OF PROTEIN	15
MILK AND DAIRY	17
FAT, SUGAR AND SALT	19
FLUIDS	21
OUR GUIDELINES - AN OVERVIEW	23



Introduction

The importance of good nutrition throughout the school is essential and can directly impact pupils' growth, development, behaviour and educational attainment. Research is now demonstrating more and more that pupils who eat well perform well in school. Working in partnership with the Institute of Food, Brain and Behaviour (IFBB) we have researched the impact a balanced diet and the roles that nutrients play on children's' development. Using this research and our in house team of nutritionists we have developed our own nutrition guidelines for chefs to use when planning menus.

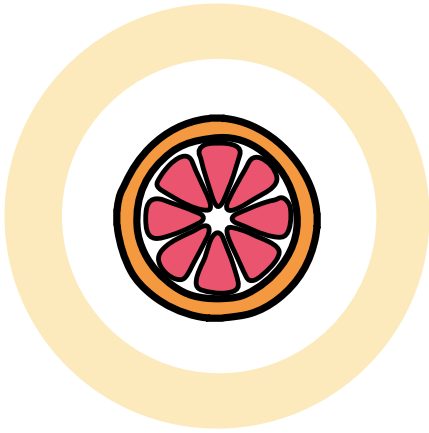
The food and nutrition guidelines have been created to encourage 'best practice' in Holroyd Howe schools across the whole school day. The guidelines can be used as a checklist when creating menu cycles and can be applied to prep and senior schools.

We have created guidance for:

- Breakfast
- Lunch
- Supper
- Drinks served in schools

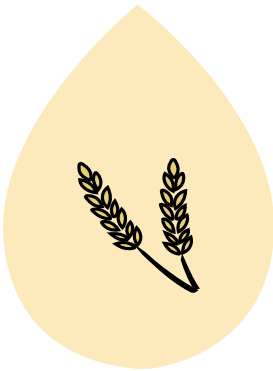
We know that not all children's nutritional requirements are the same, so we also have guidelines specifically for early years provision.



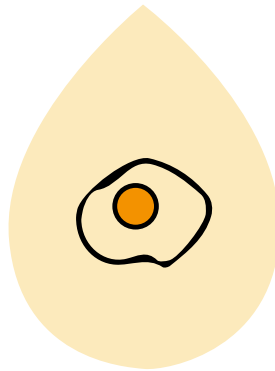


Breakfast

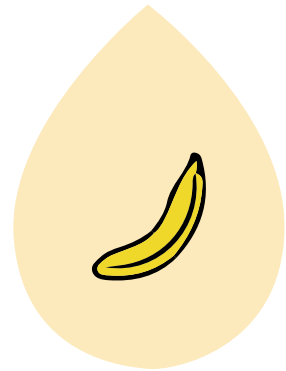
It is well communicated that breakfast is the most important meal of the day, fuelling our bodies first thing in the morning kick starts our metabolism and provides our bodies with the energy and nutrients it needs to function. For pupils, eating breakfast ensures they are able to concentrate first thing in the morning and ensures hunger doesn't distract them when in class. Recent research has demonstrated that consuming breakfast daily positively impacts educational attainment.



Wholegrain cereals and bread are available every day – not only high in fibre but a great source of slow releasing energy that will keep pupils feeling fuller for longer.



We restrict fried and deep fried items including fried eggs and hash browns - Diets high in fat can lead to an increased risk of obesity, some cancers and heart disease.



Whole and chopped fruit is available every day to encourage pupils to eat their 5-a-day.

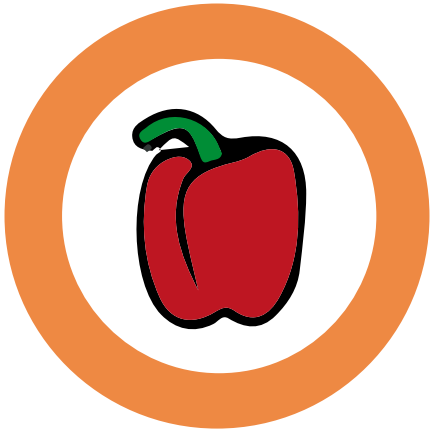


Lunch
and
Supper





*On average only
8% of children
aged 11-18 years
eat their 5-a-day*



Fruits and Vegetables

Fruits and vegetables provide our bodies with many essential nutrients including vitamins, minerals and fibre. Vegetable consumption reduces the risk of nutrient deficiencies, some cancers, type 2 diabetes and heart disease. Fruit and vegetables are available at every service and we encourage pupils to consume a variety.

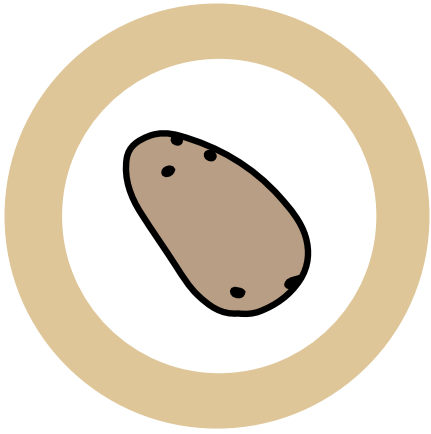
Day Schools

WE PROVIDE
3 PORTIONS
(MINIMUM) OF
FRUIT & VEGETABLES
EVERYDAY

Boarding Schools

WE PROVIDE
5 PORTIONS
(MINIMUM) OF
FRUIT & VEGETABLES
EVERYDAY





Starchy Carbohydrates

These foods are our bodies main source of energy and should make up 50% of our daily energy intake. They also provide essential fibre in our diets to help keep our digestive system healthy.

Day Schools

STARCHY
CARBOHYDRATES
COOKED IN OIL ARE
SERVED NO MORE THAN
2 TIMES A WEEK

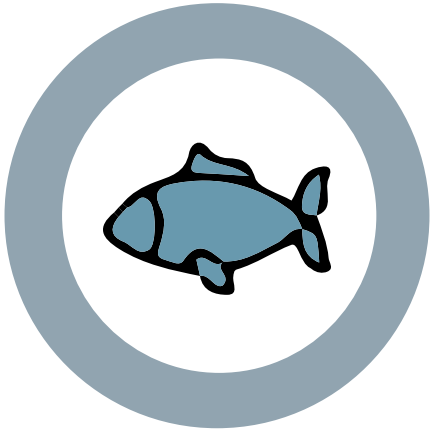
Boarding Schools

STARCHY
CARBOHYDRATES
COOKED IN OIL ARE
SERVED NO MORE THAN
5 TIMES A WEEK*

*Split across lunch and supper menu cycles

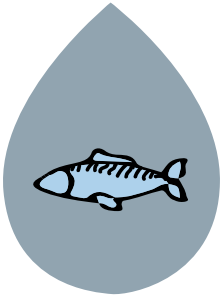
Reducing these foods limits the fat content within pupils diets. We encourage our chefs to use wholegrain varieties of starchy carbohydrates wherever possible e.g. brown rice, pasta and wholegrain bread.



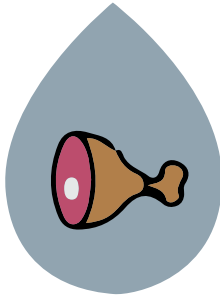


Sources of Protein

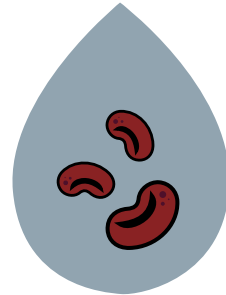
The building blocks of our bodies, proteins are essential for the growth and repair of our muscles and cells. They are the structural and functional elements of our cells.



Oily fish, such as salmon and mackerel, is served once a week for boarders, and once a fortnight in our day schools. Oily fishes are rich in omega 3 fatty acids which are essential for the development of your pupils' brains.



Processed meat products (e.g burgers) are restricted to no more than once a week in day schools and 3 times a week* in boarding schools. Whilst small amounts in our diets at the right portion size are not harmful, over consuming these foods can over time lead to heart disease.



We put a big focus on our vegetarian dishes, ensuring they contain quality sources of protein. We encourage our chefs to use lentils, pulses and ingredients like Quorn across our menus and salad bar at least three times a week in our day schools and seven times a week in our boarding schools*.

*Split across lunch and supper menu cycles





Milk and Dairy

Milk and yoghurt provide calcium in your pupils' diets, which is essential for healthy, strong bones and teeth.



Available everyday. Schools are encouraged to use semi-skimmed, skimmed or 1% milk. Except in pre-prep schools when whole milk can be served.



Yoghurt is always offered as a dessert option at lunch and supper in our schools, with an exciting range of fruity toppings.





Fat, sugar and salt

Foods high in fat, sugar and salt need to be restricted within our diets to promote good health. Too much of these foods can lead to obesity, high blood pressure, heart disease and many more diet-related illnesses.



We won't serve more than one deep fried food a week in day schools and no more than 2 in boarding schools*. This is to ensure we keep the use of oil in our recipes to a minimum and in turn the fat content.

We only use oil containing unsaturated or polyunsaturated fats. These fats are better for us than saturated fats and can help to counter the negative effects excessive saturated fats have on our cholesterol levels.



Salt is used minimally by our chefs and never added before food is tasted. We always use low salt bouillon and stocks as a standard.



Our half measures dessert range is adopted in schools to help halve the sugar content within our dessert recipes. The sweetness from sugar is replaced with the natural sweetness of fruits and vegetables.

The National Diet and Nutrition Survey highlighted that as a population we all eat too much saturated fat, sugar and salt.

*Split across lunch and supper menu cycles





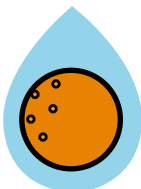
Fluids

Water makes up nearly two thirds of our body, therefore it is essential we keep hydrated throughout the day. Symptoms of dehydration include headaches and feeling lethargic, neither of which will help pupils' learning in the classroom!

We encourage pupils to drink water as a default, however we know that sometimes children and young people will want something else to quench their thirst. So we provide guidance on what can be offered. This includes:



Low fat milk



Fruit Juice
(150ml portion size)



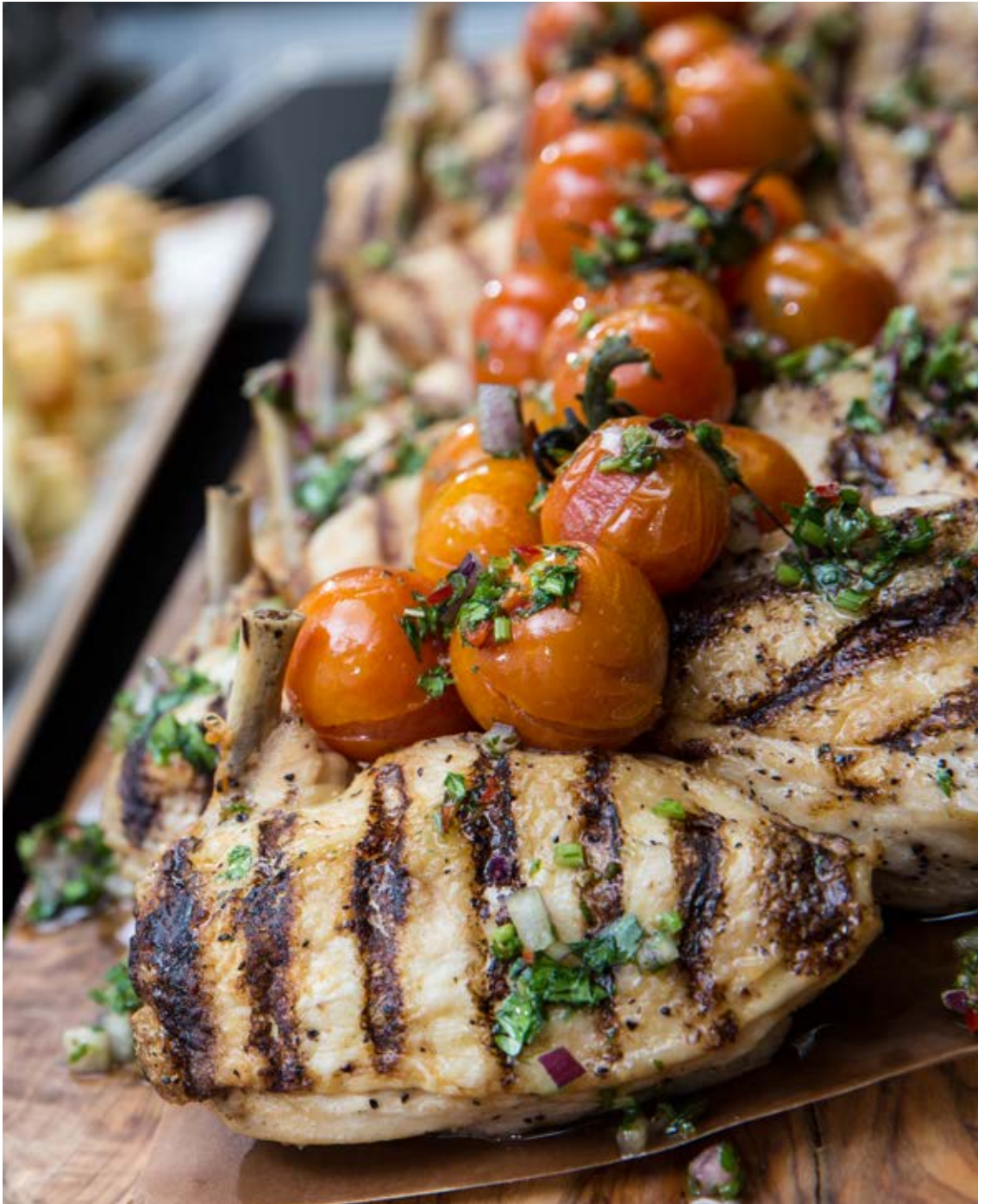
Vegetable Juice



Flavoured milk
(330ml maximum with less
than 5% added sugar)



Combination drinks
(fruit juice and water combined) -
330ml in size - without added sugar



Our Guidelines

This is just a brief overview of some of our nutritional guidelines.

If you would like to read our full guidelines please e-mail info@holroydhowe.com

Day Schools

FRUITS AND VEGETABLES

Three portions as a minimum everyday.

STARCHY CARBOHYDRATES

Starchy carbohydrates cooked in oil are served no more than two times a week.

SOURCES OF PROTEIN

Oily fish is served on our menus once every two weeks.

Processed meat products are restricted to no more than once a week.

We encourage our chefs to use lentils, pulses and ingredients like Quorn across our menus at least three times a week.

MILK AND DAIRY

Milk is available every day in our schools. Yoghurt is always offered as a dessert option at lunch.

FAT, SUGAR AND SALT

We won't serve more than one deep fried food a week. Salt is used minimally. Half Measures desserts are adopted in our schools to reduce sugar content by half.

Boarding Schools

FRUITS AND VEGETABLES

Five portions of vegetables are provided as a minimum everyday.

STARCHY CARBOHYDRATES

Starchy carbohydrates cooked in oil are served no more than five times a week.

SOURCES OF PROTEIN

Oily fish, such as salmon and mackerel is served on our menus once a week.

Processed meat products are restricted to no more than three times a week.

We encourage our chefs to use lentils, pulses and ingredients like Quorn across our menus and salad bar at least seven times a week.

MILK AND DAIRY

Milk is available every day in our schools. Yoghurt is always offered as a dessert option at lunch and supper.

FAT, SUGAR AND SALT

We won't serve more than one deep fried food a week. Salt is used minimally. Half Measures desserts are adopted in our schools to reduce sugar content by half.

