

eat learn live

1st EDITION

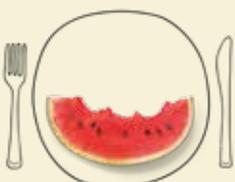
CHANGING THE CULTURE
OF FOOD IN SCHOOLS

OUR
2020 VISION



CHARTWELLS
SCHOOLS

BEYOND THE
CHARTWELLS KITCHEN



eat



learn



live

more than just amazing food

Eat, Learn, Live helps us to educate young people about how to lead a happy, safe and healthy lifestyle whilst contributing to a sustainable world.


Chartwells
EAT LEARN LIVE

What's in

THIS EDITION

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At Chartwells, we are trusted to inspire the next generation to a healthier lifestyle through great food they want to eat.

With the most experienced nutrition and education team in our industry, we are proud to be able to deliver nutrition and food education to around half a million children each academic year.

Building on this in 2018, our nutrition team will be re-launching their Beyond the Kitchen programme to ensure we remain current with the wider Public Health agenda, to support more children with their physical, nutritional and emotional wellbeing to encourage healthier lives and futures.

I am therefore really proud to share that Chartwells have partnered with a mental health charity, Young Minds; to further impact the health and wellbeing of as many young people as possible.

Richard Taylor
Chartwells Managing Director



Young Minds

Young Minds is the UK's leading charity committed to improving the wellbeing and mental health of children and young people. Driven by their experience, Young Minds create change so that children and young people can cope with life's adversities, find help when needed and succeed in life.

Young Minds exists so that young people have the strongest possible voice in improving their mental health. We want to help make sure that voice is heard.

Changing the culture of food in schools



The world of school meals and food education has come a long way in recent years with the introduction of food standards in schools and the inclusion of food education on the curriculum. As a country, I believe we're a step closer to changing the culture of food in schools - but consistency and commitment from all stakeholders remains essential. Health and wellbeing is about more than just food; it is the culmination of physical, nutritional and emotional wellbeing that support healthier lives and futures.

Chartwells is trusted to provide nutritious food and are well known for exceeding expectations as we

aspire to impact the health and wellbeing of as

many people as possible. We feed young minds with nutrition and food education; we feed growing bodies with healthy food and we work with families, side by side, to shape successful futures.

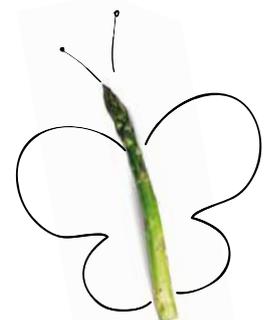
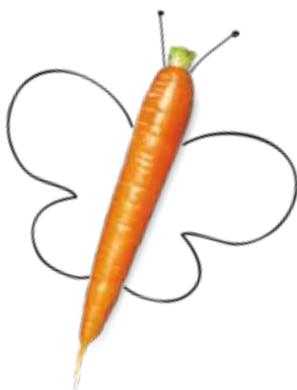
Chartwells has invested time and resources into growing the most experienced and well-informed nutrition and education team in our industry, specialising in public health, food nutrition, sports nutrition and special diets.

We have been working alongside schools for over ten years, and each year the team aim to reach over 500,000 children. As we approach the next chapter, we will be focusing on engagement with families in some of the most deprived areas of the UK, and we will continue to help our public health partners to achieve their aims.

Our first edition will update you on the work we've been doing with Public Health England around reducing the availability of sugar in schools, as well as our plans to launch a brand new education programme this year. We'll also be talking about our plans to support hundreds of children at holiday clubs from February onwards.

Meg Longworth

Chartwells Head of Nutrition & Public Health



Our Team of Experts



eat



learn



live

Our 2020 Vision

We are showing our commitment to offering pupils and students healthier choices by launching our 2020 Health & Wellbeing strategy. Health and wellbeing, and encouraging a balanced approach to eating, are at the heart of everything we do. The strategy clearly outlines our goals, feeding change and fighting obesity through three key areas: healthier food, healthier lives and healthier futures.

We have been making great strides in meeting these commitments ahead of 2020, and will be sharing our progress throughout this magazine and in future editions.

We're working with Public Health England

Public Health England (PHE) have set out guidance for all sectors of the food industry on how to achieve 20% sugar reduction by 2020. In nine different categories, food industry experts everywhere are encouraged to reduce sugar, and report on the success every year. Compass Group UK & Ireland and Chartwells have committed to this, and have already submitted baseline data, along with data marking six months since changes were made.

Chartwells and Public Health leads in West Sussex, Lewisham and Stafford (to name just a few) have had great success in engaging schools and families in making healthier choices. We will continue to evolve positive partnerships this year.

Chartwells Nutrition Team are tackling sugar!

Childhood obesity is a major public health concern. Around one in five children are overweight or obese when starting primary school, and one in three children are overweight or obese when leaving year six. The trend is frightening, with the average primary-aged child consuming up to 22kg of sugar a year! This can lead to higher levels of tooth decay, obesity and Type 2 diabetes. It is vital that we promote healthy nutritious food, encouraging healthy eating habits into our children to give them the best possible start in life.

Find out how much sugar we have removed across our Primary and Secondary menus on page 4.

Chartwells Schools

Great News on Sugar Reduction in Chartwells Schools!

The primary autumn/winter 2017 menu had a sugar reduction of 11.7%, with a decrease in 'added sugars' of 16.1% compared to the autumn/winter menu of 2016. This was achieved through menu tailoring, recipe development, and portion size control! The menu includes an innovative and tasty dessert selection and continues to meet the requirements of the School Food Standards.

In secondaries, the autumn/winter 2017 menu has a 21.8% sugar reduction from 2016's menu - that's an average of just over 5 grams of added sugars removed per dessert! This has been achieved through the launch of our new Global Adventures food offer, recipe development, and portion size control, all whilst ensuring the range and variety of the menu wasn't compromised.



Holiday Feeding

For children from a disadvantaged background, the school holidays can be a difficult time. With no free school meals or teacher support, hunger and social isolation are a reality for many children across the UK.

That's why Chartwells are working closely with Kitchen Social over the coming year. During February half term, we'll be supporting their work in the following ways:

- ▶ Delivering nutrition education in holiday feeding clubs across London
- ▶ Providing children and families with food and recipe hampers to take home
- ▶ Training volunteer club cooks on healthy eating and the School Food Standards

And this is just the beginning. We're looking forward to building on this support ready to go nationwide in the Easter and summer holidays this year!

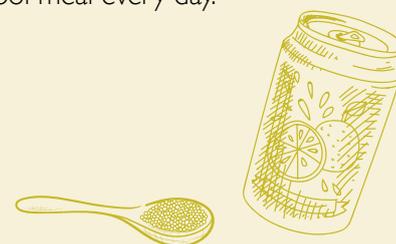
Helping Public Health teams to achieve their aims!

In 2016, schools across East Sussex launched the Schools Public Health Grant Programme, which was a huge success.

This year, Chartwells joined up with Yolanda (Managing Director for Ashdown Infant, Ashdown Junior, Rotherfield Primary and St Michaels – Withyham School) to transform health and wellbeing outcomes for children and young people in East Sussex.

Sarah Fretwell, our Senior Public Health Strategic Lead, will be delivering a diary of events at all of Yolanda's schools. The outcomes of all sessions will link with the schools' curriculum, as well as ticking many boxes with the council's Public Health team as we support them in achieving their regional aims!

This type of engagement has been proven to increase knowledge, support behaviour change and increase the number of children eating a nutritious school meal every day.



Catering safely for Special Diets

Chartwells now have a new dedicated Special Diets Team to support all of our pupils with allergies and intolerances. The team has been in place since March 2017 and are available all year round to help alleviate any special diet concerns from parents, pupils, teachers or catering staff. The team can produce bespoke special diet menus for any allergy or intolerance supported with medical correspondence and travel the country to deliver training to our schools to ensure they have up-to-date knowledge on allergies and intolerances.

Primary Spring 2017 Menu
Gluten and Milk Free - Week 1 Chef Copy



	Italian	Family Favourites	Traditional	Global Adventure	Fun Day
Pasta Packs	Pasta Bolognaise** Beef and Tomato Sauce with Pasta OF Pasta 168209	Pasta Packs Vegetarian Cheesy Pasta Tomato Pasta with Cheese OF Pasta 168258 Reddus Cheese	Roast Turkey and Beef's Crispy Spuds with Onions 12th 92 Crispy 35324	BBQ Sticky Chicken Thigh Sweet Potato Mash Chicken Thigh in a BBQ Sauce No milk or MSG in Mash	Gluten Free Pileck Stee with Chips OF Fish Pack **12247
Hot Warm Drink					
Vegetables	Carrots Peas	Green Beans Roasted Veg	CAROTS Seasonal Cabbage	HOUSE CORNISH Sweetcorn	Baked Beans Peas
Desserts	Soya Yoghurt **12218 Peach Compote*	Orange and Mango Sorbet 762972	Soya Yoghurt **12219 Fresh Fruit	Raspberry Sorbet **22274	Soya Yoghurt **12215 Fresh Fruit

Clear Water, Fresh Fruit and Soya Yoghurt served daily.
*Fruit Based **Wholegrain



GOT A QUESTION? CONTACT US!

With the introduction of the new team we have set up a dedicated **special diets inbox** that will be managed all year round. If anyone has a question they can contact us direct and one of our special diet nutritionists will get back to them!

chartwells.specialdiets@compass-group.co.uk

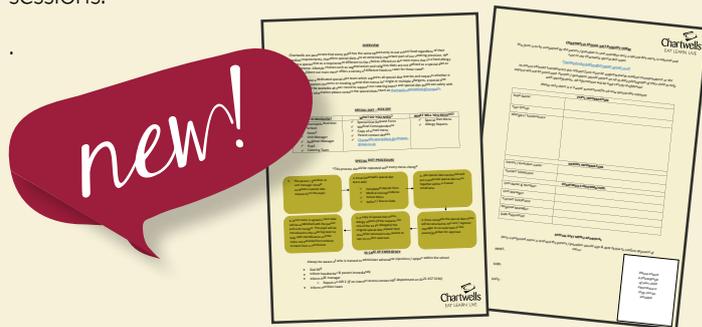


Allergy Academies

Between September and November 2017 the special diets team and wider nutrition team launched the new special diets policies and procedures, through delivering a series of Allergy Academies held across the country.

These academies were used to update and train all team members (from school cooks through to regional managers) on the procedures to follow in order to safely cater for children with special dietary requirements.

We engaged around 1300 Chartwells employees in these sessions.



We've been busy delivering our Chartwells Food Festivals

This academic year we have already delivered four food festivals in Merton, and most recently our first food festival in the north at Broadgreen International School! These are a great opportunity to work with local suppliers who can tell their stories to the children.



Chartwells Independent

Introducing Focused Flavours

The Chartwells Special Diets Team have written and launched a Focused Flavours guide to support teams catering for special diets. The manual includes the following: special diet procedure, special diet menus, Food Information Regulations advice, recipes for milk, gluten, egg and nut allergies, focused ingredients, vegetarian/vegan recipes and FAQs.

The Focused Flavours guide was presented to all teams at the October half term Food Festival held at Christ's Hospital School. We were also delighted to be joined by Sarah Collard from Coeliac UK, who gave a great talk on coeliac disease and catering for children with allergies.



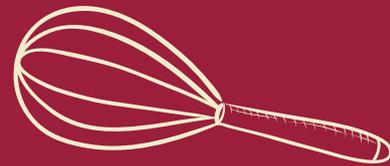
Are you ISI ready?

The Chartwells Nutrition and Education team are pleased to be able to partner with our schools and support during ISI inspections. We have designed our 'Are you ISI ready?' guide to support Chartwells teams and schools at upcoming meetings with ISI inspectors.

The guide has been compiled with the support of operations managers at our schools, using their extensive experience of going through ISI inspections, as well as with informal support from previous ISI inspectors themselves. The guide covers food provision, catering for specific needs, food and nutrition education, marketing, and team training and engagement. The guide was launched at our last Food Festival in February half term.

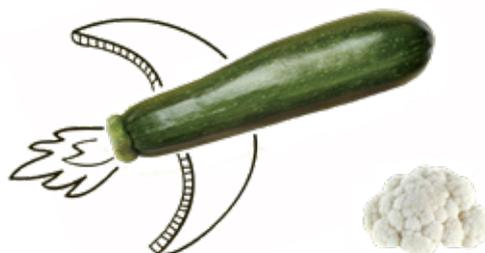
Lifeskills at Haileybury!

For a number of years now, our nutritionists have been supporting the team at Haileybury with the delivery of their Lifeskills programme. The results speak for themselves, showing a 48% increase in knowledge after taking part in the programme. For support and tips with launching a "Lifeskills" programme, please get in touch with our nutrition and education team.



Great News on Sugar Reduction for Chartwells Independent too!

Our executive chefs have been reformulating and reviewing the portion sizes of our most popular desserts, reducing sugar across our schools. We look forward to sharing these results with you this year.



Higher Education & Further Education

Goldsmiths, University of London are Sugar Smart!

Goldsmiths, University of London has signed up to become a Sugar Smart site at an official ceremony held at the University. The ceremony was attended by the Mayor of Lewisham, Vanessa Gouws (Head of Commercial Services, Goldsmiths), Dr Danny Ruta (Director of Public Health Lewisham) as well as Meg Longworth (Head of Nutrition & Public Health for Chartwells).

Sugar Smart is a campaign run by Jamie Oliver and Sustain, helping local authorities, organisations, workplaces and individuals to reduce the amount of sugar we all consume. The University and Chartwells will be working together to deliver several pledges to reduce the amount of sugar served to students, staff and visitors across the six sites. Some of those pledges include:

- ▶ Displaying sugar free drinks and water more prominently
- ▶ Having free tap water available
- ▶ Clearly labelling low sugar menu options
- ▶ Displaying how many teaspoons of sugar are contained in popular fizzy drinks



Sugar Smart Products @ Goldsmiths include:

- Rice crackers
- Graze boxes
- Propercorn popcorn
- Drench!
- Lipton's iced tea

Nourished Life

Don't forget about our health and nutrition website, specially designed to support adult health and wellbeing. This website is a great tool to educate students, staff and clients at our HEFE sites, and includes lifestyle advice, food and nutrition information, and nutritious recipes, as well as offering the chance to meet our experts. It is updated monthly with fascinating articles on fitness, sleep and wellbeing, providing a great source of information for interested students. It's also fully mobile optimised for busy students on the go!

<http://www.nourishedlife.co.uk/>



Freestyling @ Uxbridge College

Last term Fay Yeng from our **Fun into Food** team trialled one of our new shows from the Beyond the Chartwells Kitchen programme.

Fay called it the **“freestyler”**, and grabbed a variety of fresh produce from the kitchen to prepare recipes live in front of hungry students and staff; receiving great feedback.

Mood and Food @ DMU

In 2017, Clare Hedderman, our registered Food Nutritionist, supported the **“Fridgeraiders”** initiative at De Montfort University, which was designed to help raise awareness of the support available at the university around mental health. Clare supported by delivering talks on the link between food and mood, also supporting students hoping to eat well on a tight budget.





Beyond the Chartwells Kitchen (BTCK) is launching in 2018 !

Here's an introduction to our new and improved programme!

For over ten years, Chartwells has been providing nutrition and food education to children and young adults across the country through our bespoke Beyond the Kitchen added value programme which is delivered throughout the school day, at lunchtimes and after school.

Supporting the national curriculum has always been important to us, and we've seen the benefits that providing healthy eating advice and cooking skills have on the children and young adults across our schools.

Always looking to innovate and improve, this year we are launching our new Beyond the Chartwells Kitchen programme nationwide, delivered by an exciting blend of nutritionists, Fun into Food specialists, and Programme Ambassadors working throughout the country.

The aim of the programme is to:

- ▶ Foster the next generation of Foodies!
- ▶ Bring learning to life with fresh ideas and recipes for success, helping schools cultivate a positive Whole School Food Culture
- ▶ Make healthy choices exciting, accessible and FUN, requiring skills outside the classroom
- ▶ Support communities and families too – education doesn't stop at school!
- ▶ Support Public Health England objectives and the national curriculum
- ▶ Feed into School Improvement Plans, OFSTED, ESTYN and ISI
- ▶ Continuing to provide healthy meals to more and more children and young adults in our schools

Our portal 'Beyond the Chartwells Kitchen' has changed too!

We want to improve pupils' cooking skills and encourage children in our schools to become the next generation of "foodies". Make sure your school is registered on our Beyond the Chartwells Kitchen portal to make use of our resources, which have all been updated alongside the launch of the new and improved programme for 2018.

Contact your regional manager or Chartwells key contact for your bespoke log in details.

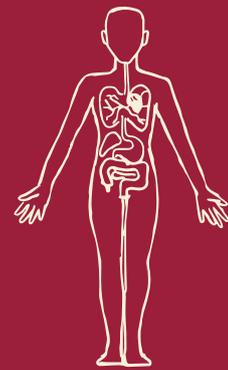
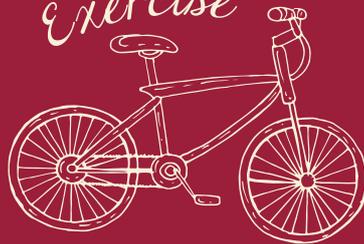
<https://beyondthekitchen.chartwells.co.uk/>



*See examples of the learning topics
we'll cover at your school.*



exercise



**Environment +
Sustainability**

The body
NUTRITION