



Food for Life In Your School

Congratulations! Hempstells Primary School has been awarded the Food for Life Gold Catering Mark.

What does this mean for your child?

- At least 75% of your food is freshly prepared.
- All your meat is British Red Tractor at minimum.
- All eggs are British Free Range.
- At least 15% of your total spend is on Organics.
 - In you school you use a combination of the following organics:
 - Organic Pork
 - Organic Milk
 - Organic Yoghurt
- Your menus adhere to the School Food Plan Guidelines and Standards
- Your menus have seasonal foods:
 - Apples and root vegetables are served in winter months
 - Courgettes and melons are served in summer
- All Fish is MSC certified
- We work hard to use local suppliers and source local foods
 - Your butcher uses beef and pork from local areas
 - Your produce suppliers uses vegetables grown nearby and uses local warehouses to make sure they don't have to travel far.
- You make healthy eating easy by:
 - Promoting sustainable eating with Meat Free Mondays and reduced meat in recipes
 - Monitoring plate waste
 - Reducing Salt
 - Using wholegrains in all our baked desserts
 - Using Fruit in all our desserts which gives students a portion of fruit and reduces added sugar.
 - Offer fresh fruit and yoghurt daily