

## **ADDITIVES POLICY STATEMENT**

At Autograph, our menus are predominantly based on kitchen prepared dishes using basic ingredients which significantly restrict the amount of additives in our food supply. All primary school menus hold a Food for Life Catering Mark Award, which involves an annual review of additives in our menus.

Autograph strictly prohibits the use of Azo and Coal Tar Dyes and certain Benzoates due to the associated link with hyperactivity. All of our products are free from artificial colours associated with hyperactivity, these are: E110 Sunset Yellow, E104 Quinoline Yellow, E122 Carmosine, E129 Allura Red, E102 Tartrazine and E124 Ponceau 4R. This policy supports research such as the study of additives carried out by Southampton University and subsequent advice from the Food Standards Agency.

Autograph does not use ingredients containing artificial flavour enhancers, and in line with our aim to use fresh and natural ingredients, we do not use any ingredients that contain E621 Monosodium Glutamate (MSG). Instead we opt to flavour our food with herbs and spices.

Autograph keep abreast of all current research and guidance relating to the use of additives to ensure the safety and suitability of our meals.

This policy statement will be reviewed on an annual basis.



**Sharon Brown**  
**Operations Director - Autograph**