

HYDROGENATED VEGETABLE OIL POLICY STATEMENT

Autograph operates a Nutrition & Health Policy and a comprehensive Menu Development Programme, which supports our Eat Well Live Well Strategy to ensure we provide nutritionally balanced menus in line with the Government's School Food Standards.

Hydrogenated vegetable oils contain trans fats. Consuming a diet high in trans fats can lead to high cholesterol levels in the blood, which can cause health conditions such as heart disease, heart attacks and strokes.

As a result, Autograph has worked very closely with its suppliers to restrict the use of hydrogenated vegetable oils in our menus. Oils used for cooking and frying do not contain these ingredients.

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

This policy statement will be reviewed on an annual basis.



Sharon Brown
Operations Director - Autograph