

NUTRITION AND HEALTH POLICY STATEMENT

It is the policy of Autograph to provide school meals that make a valuable and significant contribution to the nutrition and health of children and young people. Autograph fully supports the School Food Plan vision, which promotes a Whole School Approach to food, nutrition and health. This means we ensure that nutrition is at the heart of our menu development, as well as supporting schools to embed a positive food culture throughout school life.

Menu Development

Autograph operates a comprehensive Menu Development Programme and a 'Eat Well Live Well' Nutrition Strategy to uphold our Nutrition & Health Policy. Nutrition is fundamental to our recipe development and we have long adopted techniques reflecting this approach, including;

- Carefully selecting ingredients
- Modifying recipes to enhance nutritional profiles by adding fruit, vegetables and wholegrains
- Reducing the use of sugar and fat
- Adopting healthy cooking techniques
- Offering a wide variety of foods across the week to help pupils to establish a varied and balanced diet for life, based on the principles of The Eatwell Guide

Autograph guarantees compliance with Government School Food Standards (The Requirements for School Food (England) Regulations, 2014) and ensures that all menus offer nutritious and balanced meals for our customers to enjoy.

Education

Autograph recognise the opportunity for specialists within our organisation to support schools in delivering key educational messages around food, health, growing and cooking; in line with the National Curriculum and The School Food Plan. Our qualified Registered Nutritionist is available to visit schools offering a range of innovative, age appropriate educational workshops, which support key nutrition policy initiatives including Change 4 Life, 5 A DAY and The Eatwell Guide.

This policy statement will be reviewed on an annual basis.



Sharon Brown
Operations Director - Autograph