

SALT POLICY STATEMENT

It is the policy of Autograph to restrict the use of salt in all schools through the adoption of our Salt Free Policy. Nutrition research and dietary guidance advises that a diet high in salt can lead to high blood pressure which is a major risk factor for strokes and heart attacks.

To achieve this policy, we do not cook with salt or add salt to any of our dishes. Autograph understand the importance of food being appealing and palatable. We therefore ensure all cooks are trained in healthier cooking techniques, including cooking with herbs and spices. As part of our ongoing 'Eat Well Live Well' Nutrition Strategy we work with our suppliers to source lower salt options for many of the pre-made products on our menu.

This policy supports advise on salt in the diet, from the following organisations and reports;

- The Scientific Advisory Committee on Nutrition (SACN)
- Consensus Action on Salt and Health (CASH)
- The Requirements for School Food (England) Regulations, 2014
- Committee on Medical Aspects of Foods (COMA)
- National Institute for Health and Clinical Excellence (NICE)
- The UK Food Standards Agency (FSA)

This policy statement will be reviewed on an annual basis.



Sharon Brown
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