



Healthy Eating Policy Statement

A balanced diet is essential for the maintenance and protection of health, to ensure full mental and physical potential is reached each day, and to optimise growth and development. Developing a healthy diet and good eating habits early on will lay the foundations for future health.

Chartwells supports the development and implementation of Nutritional Standards for school food. Whilst ensuring our menus are nutritionally analysed and offer a balance of foods, schools have the flexibility to adapt our menus to suit the needs of all our customers.

Chartwells strives to use the highest quality, fresh food incorporating seasonal and regional produce where possible. We have a network of national and regional suppliers who we actively work with to reduce the fat, sugar and salt levels of our food against target nutrient specifications set by the Food Standards Agency. We also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within our range of products.

We provide our chefs and managers with a training programme and the tools to enable them to deliver a high quality and consistent service. Our Recipe for Life programme includes a recipe book with supporting healthy cooking practices, nutrition and healthy eating resources and a food programme to encourage greater food awareness among our students.

Chartwells believes part of its role as a caterer is to assist in informing and encouraging customers to eat a more varied and balanced diet. This is achieved through education, information provision, promotional activities and focusing on a whole school approach. Healthy eating initiatives and resources are being continually developed to encourage customers towards eating a healthier balanced diet.

Whilst ensuring our food and menus are maintained at a high standard we also aim to work with each individual school to ensure they meet their own specific policies, whilst offering our assistance with promotional activities and providing external support.



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