

# Nutritional Guidelines

Our catering provider, Holroyd Howe Independent, in conjunction with the school, feels it would be appropriate to update you on their current food policy with regard to nutrition. You may or may not be aware that new nutritional standards for school food are being phased into state schools by September 2009 by The Food Standards Agency and the National Governor's Association.

Whilst this currently only applies to state schools, Holroyd Howe recognise their responsibilities to keep within these guidelines and, as such, they have created their own operating procedures and policies to follow in line with what they believe to be 'best practice'.

The ultimate goal is help your children to enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options. They should have a positive impact on your children's health and help encourage them to eat more nutritious food.

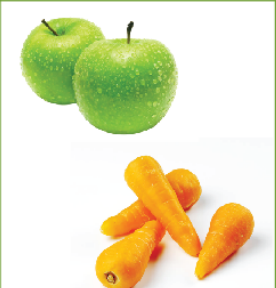



We have illustrated a brief overview of the guidelines below, and a full copy of our nutritional guidelines can be obtained from the catering department.

These guidelines detail the recommended daily minimum, however, Holroyd Howe Independent already exceed these minimum standards, as you will see from our published menus.

**we want the children that we serve**

**to eat well in our dining rooms**

and perform well in their classrooms

			
<p><b>Fruit &amp; Vegetables</b></p> <p>Fresh, frozen, canned or juice</p> <p>AT LEAST ONE type of fruit and vegetable daily and minimum TWO fruit based desserts per week</p>	<p><b>Starchy Foods</b></p> <p>Bread, pasta, rice and potatoes</p> <p>AT LEAST ONE type daily</p>	<p><b>Meat, Fish &amp; Non-Dairy Sources of Protein</b></p> <p>Frozen, canned or fresh and pulses</p> <p>Fish AT LEAST ONCE per week and Red Meat minimum TWO and maximum THREE times per week</p>	<p><b>Milk &amp; Dairy</b></p> <p>Cheese, yoghurt and custard, but not butter and cream</p> <p>AT LEAST ONE type from this group will be on the menu each day</p>

