

## About City Catering Southampton

- Sarah Doling – Food Development Manager
- Rebecca Weekes – Paediatric Dietitian
- 1 x development chef, 1 x part time admin assistant (shared role)
- CCS cover 46 out of 75 schools across the city (61%)
- Last year CCS produced approx. 1.7 million school lunches
- 3 meals per day = 1095 meals a year, we serve approx. 190 days in a year (17%)



## Our Menu

- School food standards – set guidelines – approx. 530 calories per lunch over a 3 week cycle
- Food For Life – Bronze award
- HACSG - HyperActive Children Support Group – Highest award for excellence in school meals provision



## Challenges

- Head teachers – changing menu
- Free school meals/UIFSM – up take
- Pester power from children
- Picky children
- Packed lunches – what some schools are allow children to bring in
- Increasing food costs



## Challenges

- Parental understanding about what schools lunches are now
- Getting children to eat foods they are not familiar with due to what they eat at home
- Portion sizes – year r have the same size portion as year 6
- Cultural differences



## What are we doing ?

- Schools standards, FFL, Hyperactive awards
- Reformulation of recipes – reduce added sugar, increased hidden fruit and vegetables
- Encouraging child to take the healthier option – water always available during lunch time
- Portion control
- Holiday Hunger
- Engaging national campaigns to encourage children to eat more vegetables – Vegpower (24<sup>th</sup> Feb until 3<sup>rd</sup> April)

