

At abm catering we understand the vital role that good nutrition plays in the maintenance and protection of health. It is our policy to ensure that all of our catering establishments offer a range of foods that enable pupils to make healthy eating choices.

## abm catering limited Healthy Eating Policy



Our menus are developed using the five main food groups demonstrated by the Eat well Plate and we endeavor to use low fat cooking methods wherever possible. We hope to nutritionally educate pupils guiding them towards choosing healthier, more balanced meals, which in turn will play a crucial role in decreasing their saturated fat, salt and NME sugar intake.

abm fully support the government led food and nutrient based standards and therefore all of our recipes and menus are designed to fully meet the required standard for the appropriate age group. Through the use of our Saffron software we can provide a full nutritional breakdown and analysis of our menus, enabling schools to demonstrate their compliance.

We understand that healthy eating is not always at the forefront of a pupils mind and so we work closely with our regional and national suppliers to improve the nutritional content of our branded products, ensuring we are actively meeting the target nutrient specifications set by the Food Standards Agency.

Whilst monitoring these levels 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 product range. We also promote the use of low fat dairy products across the business and herbs and spices are now favored over salt in the cooking process.

abm appreciate that the health provision for young people needs to be improved and through our commitment to healthy eating we aim to support this at every opportunity.

Susan Johnson  
Managing Director  
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