



## **Our approach to the use of ultra-processed food.**

We are committed to minimising the use of ultra-processed foods in our menus to promote healthier and more nutritious options for the pupils and staff. We understand the negative impact of ultra-processed foods on health, and we will ensure the inclusion of whole and minimally processed ingredients in our recipes and on our menus at St. Aubyn's.

To achieve this goal, we have implemented the following approaches:

### **Menu Design and Ingredient Selection**

Our culinary team focuses on creating menus that feature fresh, whole foods, using ethically sourced, seasonal produce, lean proteins, and whole grains. By carefully selecting ingredients we reduce the reliance on ultra-processed alternatives.

### **Chef Training and Recipe Development**

Our chefs are trained to use their culinary skills to enhance flavours and textures without relying on heavily processed ingredients. Training is ongoing to keep our culinary team informed about the latest trends in healthy cooking and alternatives to processed foods. We encourage our teams to use creative and tasty alternatives that maintain the nutritional value of each meal.

### **Supplier Relationships**

We work closely with suppliers to ensure that the ingredients we source meet our standards for minimal processing. We establish partnerships with these local farmers and producers who share our commitment to providing high-quality, unprocessed food.

### **Continuous Improvement**

We regularly review and assess our menus and practices to identify opportunities for further reducing the use of ultra-processed foods. Pupil and staff feedback plays a crucial role in this process, allowing us to adapt our approach based on the evolving needs and preferences of the pupils and staff, school by school.

With this approach, our catering service strives to offer a diverse and delicious menu while minimising the reliance on ultra-processed foods. We provide a catering experience that not only satisfies the taste buds but also contributes to the overall well-being of the students we feed.