

Enfield Catering Services

Dedicated to Food, Health and Education

Summer 2019

Newsletter

Introduction

Welcome to the summer edition of our newsletter. We provide nearly 19,000 meals a day to schools throughout Enfield. Parents and pupils can be assured that we are serving meals that are freshly cooked on site, with quality and ethically-sourced ingredients. Our meals provide pupils with the best nutrition possible helping them to learn and play.



Did you know?

Research has shown a school meal which includes a nutritious main course, a dessert, unlimited visits to the salad bar and a drink helps pupils concentrate in their lessons therefore enhancing learning! (*School Food Trust 2012*)

School meals
Power to learn and Play!

Food for life served here award holders!

We continue to be accredited with the Silver Food for Life Served Here Award by the Soil Association. This guarantees that our food is freshly cooked on site by trained catering staff ensuring that our menus are healthy and meet the Government nutrition standards.

Our achievements so far

- Freshly prepared meals with no harmful additives or artificial trans fats
- No genetically modified ingredients
- Locally sourced ingredients
- Eggs from free range hens
- Sustainable fish
- 8% of our ingredients are organic
- Farm assured meat

What comes next?

Continuous improvements to make healthy eating easy and tasty!

- **Increased use of wholegrain flour and bread**
Wholegrain foods are high in fibre which is needed for a healthy digestive system. Fibre also helps us to feel fuller for longer.
- **Tasting events**
Look out for the next taster event at your school and try some new age school dinners.
- **Increased feedback from pupils and parents**
We aim to carry out surveys at least twice a year and attend some student council meetings so we can keep serving meals that pupils enjoy.

- **Reduced sugar in desserts**

Many children have too much sugar in their diet. High sugar intake is linked with obesity and tooth decay.

- **Information about eating well is on display**

We have colourful posters and information on display at schools to help pupils with their understanding of food and healthier eating.

- **Using sustainable palm oil**

We will only use sustainable palm oil, non-sustainable palm oil contributes to destruction of rainforests and the animals that live there.



 **Enfield School Meals**

 **Enfield Catering**

www.myschoollunch.co.uk/enfield

ENFIELD
Council



Making healthy eating easy!

Our daily menu posters let pupils know the ingredients that are in the dishes being served and why it is good for them. Offering small tasters in addition to the meal selections of the day is a great way to introduce new dishes to pupils.

Here are some of our promotions to support our dedication to food, health and education.



Fresh fruit smoothie with homemade mini shortbread



Melon medley pots



Sticky date, sultana and banana cake with no added sugar or fat!

Coming soon to our salad bars



Tomato, rocket and wholemeal pasta salad

Roasted aubergine and brown rice salad



Beetroot and spring onion salad

Summer Coleslaw



Let's talk about Fibre

Fibre forms an important part of the diet; it is essential for keeping our digestive system healthy. A high fibre diet can reduce the risk of diabetes, cardiovascular disease and bowel cancer and protect against weight gain. Fibre is found in plant-based foods, such as: bread, rice, pasta, beans, and lentils, as well as fruits and vegetables. It is important to eat a variety of foods containing fibre and to eat wholegrain varieties of starchy foods such as wholemeal pasta and brown rice.

Guidelines set in 2015 state that children aged between 5-11 should be consuming 20g fibre per day. However,

results from the National Diet and Nutrition Survey (NDNS) show that in the UK children are eating far less than this at 13-14g per day.

At ECS we offer a variety of carbohydrates and vegetables as accompaniments to the main meals as well as an unlimited daily salad bar. In addition, we have increased the amount of wholegrain carbohydrates and bread on our menu, all of which will contribute to your child's daily fibre intake.



Lucy, School Meals Nutritionist

Sugar Smart

Enfield Catering attended an event at Queen Elizabeth Stadium, home to Enfield Town Football Club earlier this year as part of a drive by Enfield Council to promote the Sugar Smart Campaign. The event was also attended by the Mayor, and Cllr Christine Hamilton.



Julia, Head of ECS with the Mayor Cllr Saray Karakus and Margherita from Public Health



Sugar Smart is a campaign run by Sustain that aims to highlight the effects of consuming too much sugar. Enfield Council's Public Health team were there supported by ECS. Did you know some people have around 40 teaspoons of sugar per day without realising, which is more than ten times the daily limit. For more information please visit www.sugarsmartuk.org

SUGAR SMART

Good Food for London 2018

The Good Food for London report was launched at City Hall. The annual league table reflects the level of participation of London Boroughs in key health and sustainable food initiatives. The table is compiled by the London Food Link, part of Sustain: the alliance for better food and farming.

Enfield has climbed to 7th out of the 33 London Boroughs. Areas that we have scored highly on include food in schools, food growing, animal welfare, sustainable fish and healthier catering.



Underground Cookery School

Underground Cookery School

Four of our talented Chefs visited the Underground cookery school and created some fabulous vegetarian dishes, very well done to Zie (Capel Manor School), Lauren (Chase Side Primary), Jaqueline (St Michael's CE) and Jane at Eldon School.



Photo Gallery



Left, below and right: World Book Week, Bush Hill Park School



Beautiful bouquet of vegetables!



Right: Parent taster event at Eversley School

Left: St Patrick's Day at St Andrew's Enfield



Freshly baked speciality breads



Raynham School



Carterhatch School

Highfield School



St Edmund's School

Harvest Festival speciality breads St Michael's CE

Above and right: Prince of Wales taster event

Below: Happy Easter at St Mary's School, Bowes Primary, Hadley Wood School and Galliard School



Parent & Pupil Survey 2019

90%

of parents feel that our teams deliver a friendly service



88%

of you said you're happy with the quality of ingredients



89%

of parents are pleased with the range of healthy choices that are available



98%

said quality food and a nutritionally balanced meal were most important to you when considering school meals

Here are some of the delightful comments we received

My son enjoys school meals very much, and these meals have improved a great deal since I was at school. The variety of healthy options is really encouraging.



I am really pleased that my child gets to try lots of different foods.

My daughter is quite particular in her food choices but is encouraged with patience and understanding from the staff and is enjoying different food more and more.



There is always something she likes.

My daughter always loves school dinners and tries lots of foods that she wouldn't try at home.

I am happy about the fresh fruit option for dessert.



Almost 220 of you said you would like to be involved in a school meals forum. We will be organising this in the near future and look forward to your feedback.

Parent Pupil Survey 2019 Prize Winners!

Following the recent parent pupil survey two winners were selected at random from the completed surveys.



Mia from Firs Farm school had a big surprise as her name was called out at the school assembly to collect a £30 Amazon voucher and a goody bag. Her mum (pictured next to Jane Burr, ECS Operations Manager) said: "She loves winning and will enjoy having the certificate on her bedroom wall".

David from St John and St James CE school was overwhelmed when he found out that he had won the Kindle Fire and Kindle Fire case! Here he is pictured with Cara from the school team and his prizes – understandably looking very pleased!



Free School Meals

What you need to know

All pupils in Reception, Year 1 and Year 2 are able to receive a school meal at no cost to the parent or guardian. School meals in Enfield are healthy, tasty, social and fun. Choosing a school lunch for your child/children will help save approximately **£400** per year if you take up the offer. It is still really important that you register your child for Free School meals if your child is in Reception, Year 1 or Year 2 – to ensure the school receives extra funding for your child's education ("The Pupil Premium").

Please ask at your child's school or call Pupil Benefits on **020 8379 5367** if you haven't already completed a registration form.

What about my children in years three to six?

If your family receives certain benefits or is on a low income, your other children in years three to six could also be eligible for a free school meal. It costs nothing to apply but could save you money and the school receives the extra funding for your child's education.

To find out if you qualify, and how to apply, either:

- Ask at your child's school
- Visit www.enfield.gov.uk
- Call the Pupil Benefit Helpline on **020 8379 5367** or email freeschoolmeals@enfield.gov.uk

School meals are a good idea!

A healthy, balanced meal is great for energy and vital for a child's health and development. Research has shown a school meal helps pupils concentrate in their lessons therefore encouraging learning. (*School Food Trust 2012*)

School meals are good value! A school lunch includes a freshly prepared meal with dessert, a drink and unlimited visits to the salad bar and can cost less than a cup of coffee from a coffee shop chain.

Contact us

For more information on school meals in Enfield or to contact us:

Visit: www.myschoollunch.co.uk/enfield

Email: enfield.catering.services@enfield.gov.uk

Follow us on Twitter: [@EnfieldCatering](https://twitter.com/EnfieldCatering)

Follow us on Facebook: [f Enfield School Meals](https://www.facebook.com/EnfieldSchoolMeals)

Tony's choice



Boston Beans

Serves 4 to 6 People (Suitable for Vegetarians & Vegans)

Ingredients

Borlotti beans and juice	2 tins/800g
Onion chunky dice	1
Carrot chunky dice	1 large
Garlic (crushed)	2 cloves
Cumin	1 tsp
Chilli Powder	½ tsp
Smoked Paprika	1 tbl
Brown Sugar	1 tbl
Tomatoes diced	2 large
Season to taste	

Method

1. Sauté your onions and carrots in a little oil until nicely coloured, add the garlic and cook for a further minute.
2. Add all the spices and cook gently for a further minute.
3. Add the beans including juice and bring to a gentle simmer, add the sugar and tomatoes and cook until tomatoes have broken down. Check the seasoning!

Serve with couscous or crusty bread or as posh beans on toast.

Please check ingredients for allergens.

Coming soon...

More recipes from our April 2019 menu including Chakalaka, Lahmacun and our delicious summer coleslaw.

Please visit www.myschoollunch.co.uk/enfield for more recipes from our April 2019 menu.

