

# AUTOGRAPH FED BY ENTHUSIASM



For over 15 years, Autograph, the creative schools caterer, has been expanding its partnerships in the education community and inspiring pupils of all ages to think differently about food. We take the time to understand what our pupils love to eat and create delicious menus which our Nutritionists ensure are designed to support healthy eating.

We have two distinct offerings: Food Farm, which provides innovative, nutritionally balanced meals to primary schools and our secondary offer which provides exciting, healthy, high street inspired dishes to students aged 11 - 18 years.



## SILVER & GOLD FOOD FOR LIFE SERVED HERE

Above all, we care about quality. We are passionate about British produce and can trace all of our meals from farm to fork. We were the first caterer to be awarded the Silver Food for Life Served Here award across all of our primary schools, demonstrating our commitment to using fresh high quality sustainable ingredients.






**Our commitment doesn't stop there** – Autograph have been awarded the prestigious **Gold award across all primary schools in Bristol and Cornwall.** These awards demonstrate our commitment to serving high quality, fresh food which is better for British farming and better for animal welfare.



## MENU DEVELOPMENT & NUTRITION

Our Nutritionists and Menu Development team work hard to develop delicious and nutritious meals that pupils will enjoy, which meet the School Food Standards. Pupils try and evaluate all of our recipes and only dishes with their seal of approval feature on our menus! Our menus offer an exciting range of different fruits, vegetables, grains, pulses and types of meat and fish and include nutritionally enhanced recipes to offer a great balance of nutrients for pupils, including:

-  **Desserts which contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!**
-  **Dishes enhanced with extra vegetables to increase provision of fibre, folate, vitamin A and vitamin C**
-  **Dishes enhanced with wholegrain ingredients to offer pupils a great source of fibre for healthy digestion**



## TREATING CHILDREN EQUALLY - WHATEVER THEIR DIET

With an award winning special diets process, we are committed to ensuring that all pupils with allergies and intolerance's can enjoy suitable meals. Our Nutrition Team develop bespoke menu plans for pupils with allergies and intolerance's which ensure meals are safe and remain as close to the standard menu as possible – so children with special diets never feel left out.

We work in partnership with Allergy UK and feature on their website within the 'Useful Services' section. Our Allergen Adviser Training and Special Diet Support Pack have been reviewed and endorsed by Allergy UK.

Autograph Catering Teams follow an Allergen Record Procedure which demonstrates best practice guidance from the Food Standards Agency. Through this Procedure, Autograph guarantee compliance with the EU Food Information for Consumers Regulation No. 1169/2011, which requires allergen information of all food served to be available on request.



# EAT WELL, LIVE WELL

## THE SCHOOL FOOD PLAN

Autograph fully support the principles and aims of the School Food Plan (SFP) which revolve around good food, the pleasures of growing, cooking and eating well and in turn improving the academic performance of children and the health of the nation. As a leading school caterer we recognise the integral role that we can play to assist schools and Headteachers to deliver the SFP vision and to drive a strong and positive food culture within our schools.

The provision of a wholesome school lunch is only half the battle! We need to empower children with the skills and knowledge to make healthy choices for themselves. Autograph are committed to helping schools adopt a whole school approach to food and offer a range of fun and educational initiatives to support pupils to gain the skills to maintain healthy lifestyles into adult life.



### BACK TO YOUR ROOTS

**Back to your Roots is Autograph's innovative growing initiative** which has been carefully designed to support schools in the exciting process of educating and inspiring pupils to grow their own food, encourage a love of cooking and a desire to eat well.



Back to your Roots provides a great opportunity for schools to further **integrate growing, cookery and health education into school culture**, including interactive educational workshops, a selection of seeds for each year group and a school growing journal where pupils can record and share their growing journey and take part in fun classroom activities.

### COOKERY AND HEALTHY EATING WORKSHOPS

Our Nutritionists and Chefs regularly visit schools to talk to pupils about eating well, keeping active and practical cookery skills to inspire a love of good food! We run fun, educational and interactive workshops and assemblies that teach children about:

- ✓ **Where food comes from**
- ✓ **Balanced eating**
- ✓ **Nutrients and functions**
- ✓ **Exercise**
- ✓ **Practical cookery skills**



### CLASSROOM COOKS

Classroom Cooks provides pupils with the opportunity to become mini menu developers for Autograph. **Working alongside our Chefs and Nutritionists, pupils have the opportunity to create, test, evaluate and name their own dish which then features on our national menus.** This initiative has been shortlisted for a number of industry awards.

