



Manual of Nutrition School Meal Toolkit By Julie Keen & Lisa Tottle

SOLUTIONS SK

A Stockport Council Company

Introduction

Julie Keen & Lisa Tottle

Food Champions for Solutions SK.

Responsible for the menu development of primary school meals in Stockport.



The Challenge

- All Primary schools to comply with the nutritional standards for school meals
- To develop a menu for all tastes working within the allocated budget.
- To encourage children to choose and enjoy healthy nutritious food .
- To engage Head teachers, Parents and children
- To gain the support of the cooks
- To increase the uptake of school meals across the borough

The Story so far

- December 2007 - given the task of producing a nutritionally compliant menu for the Primary schools in Stockport which became Law in September 2008
- Consultation with Heads, Cooks, Pupils, SFT
- Food sourcing, forging links with suppliers, nominating products.
- Recipe, product development
- Analysis paralysis
- Manual of Nutrition/Recipe File Development
- Staff Training
- March 2008 New Primary Menu Seminar
- Communicating the new menu to all parties
- June 2008 launched new menu across the borough ahead of schedule
- Sept 2008 launched new brochure for school meals to reinforce the message.
- Jan 2009 Launched Spring Menu
- Introduction of Theme Day Brochure

Consultation

- Met with school councils, talk to children at lunch times.
- Arrange meetings with Headteachers / Healthy eating co-ordinators
- Regular survey of customer views through Lunch bytes Magazine.
- Talk to cooks at regular cooks meetings
- Comments books in School dining halls

Food Development

- Sourcing suitable ingredients – encompassing sustainability
- This required forging strong reliable links with suppliers
- Nominating products and ensuring correct volume is calculated

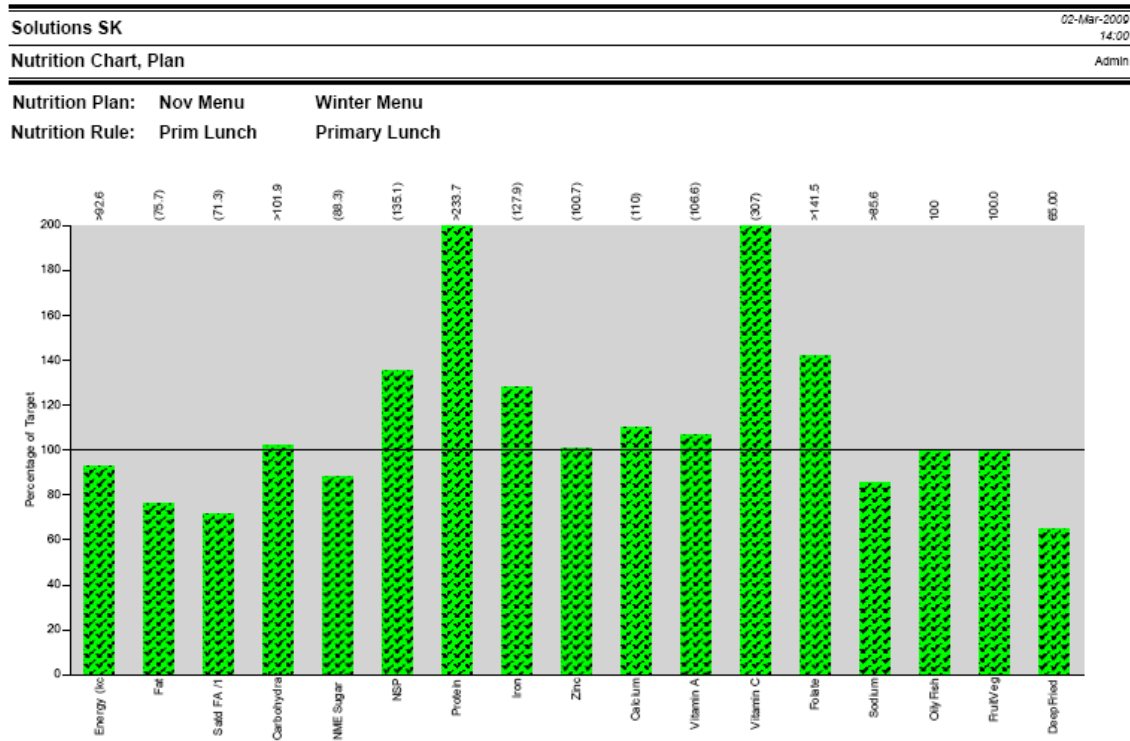


Recipe / Product development

- All menu items tested in kitchens to check suitability.
- All components, weights and cooking methods recorded.

Analysis paralysis

➤ Key in all information into software



Manual of Nutrition/Recipe File Development

- Why do we need one
- Not just a paper exercise
- The need for compliance
- Ensure consistency
- Clear, precise, prescriptive information

Staff Training

- **NVQ Level 1 - Award in Providing a Healthier School Meal Service**
- **NVQ Level 2 – Food Processing and Cooking**
- **Primary menu seminar**

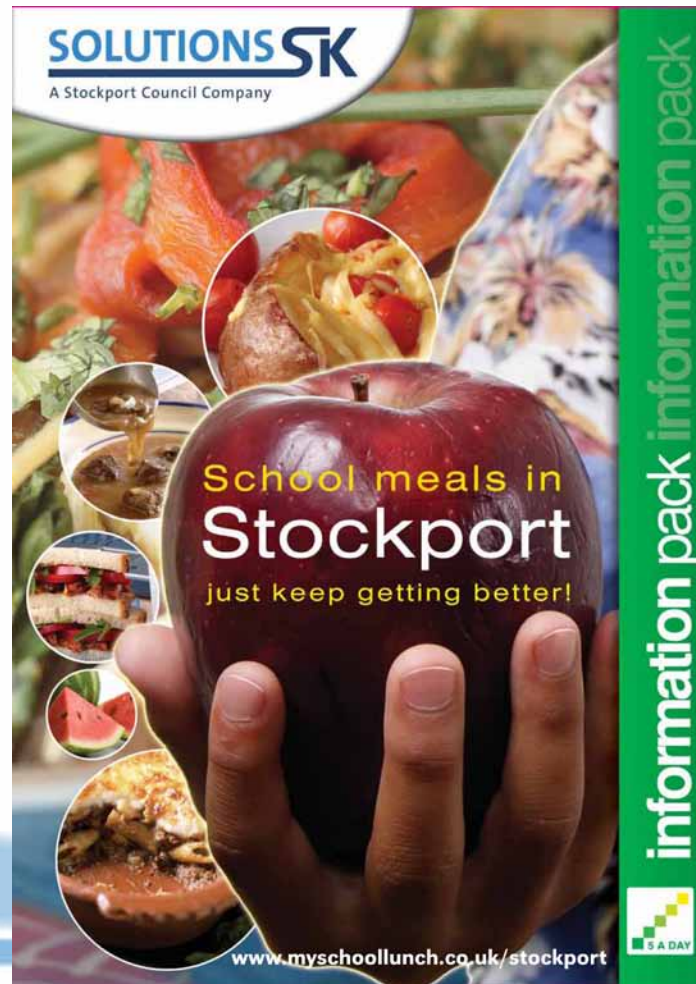


Communicating the new menu to all parties

- Letters to Head teachers
- My School Lunch Website
- Parents evenings
- Food tasting events
- Visits to Sainsbury's
- Menu boards



Launch of new school meal brochure



Theme Day Folder



Outcome

