

WELCOME TO NOURISH

WHAT'S ON
THE MENU
THIS WEEK?



GROW WITH US
NOURISH

GROW WITH US
TASTE THE COLOURS OF THE RAINBOW! **NOURISH**

WELCOME TO NOURISH

Nourish has been chosen by your school to provide the student meal service. We can't wait to welcome your child for their school lunches.

TO NEED, TO NURTURE, TO NOURISH

Nourish is a friendly family-led school caterer with bags of initiative and a love of good food.

We believe every child needs a satisfying meal at lunchtime, fuelling them for the afternoon ahead. Nurturing the importance of a healthy and balanced diet, we provide a nutritious meal every day to nourish from within.



Nourish menus have been prepared in compliance with the government's School Food Standards

Welcome to **Nourish**


NOURISH



Welcome to Nourish

ALLERGENS AND DIETARY NEEDS

NOURISH GROW WITH US

Dairy Free and Gluten Free menus provided

Nourish are Allergen Accredited

Build strong working relationships with Midday supervisors working in collaboration

Ensure constant communication is had with staff and parents supporting pupil allergies

Allergens are labelled on all Nourish menus

WE ARE ALLERGEN AWARE

Tailored approach at each school, managing allergens effectively including lanyards, place mats, coloured plates

We use Phase, a dairy free fat alternative in all of our cakes and bakes

Recipes are carefully developed eliminating allergens in dishes

Nourish has a Nut Free Policy

All Cook Managers complete extensive allergen awareness training

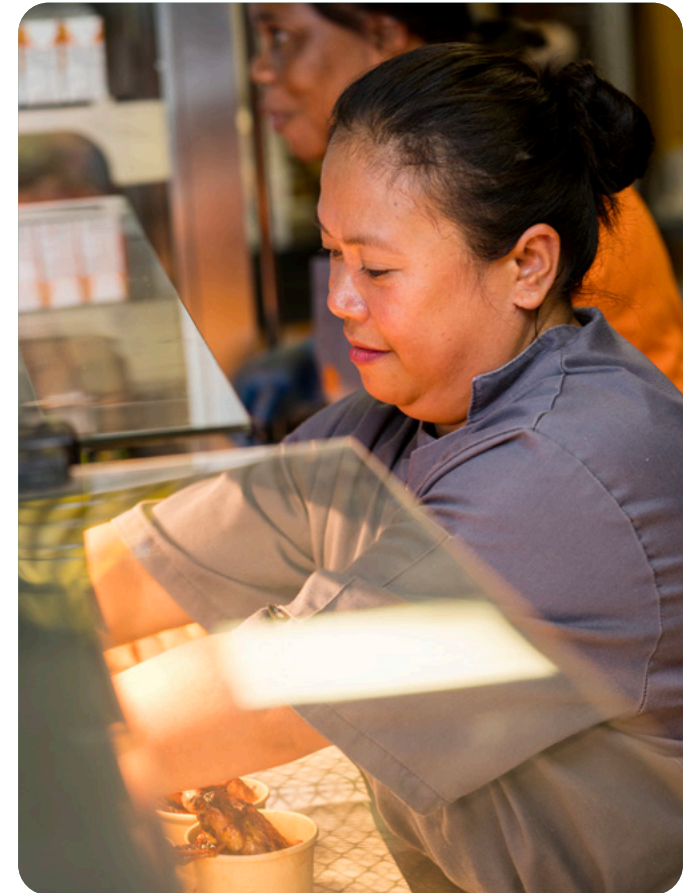
Vegetarian and Vegan dishes available

Allergen code: (1) Wheat Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celery/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten

Nourish take allergens and special diets extremely seriously. We have a robust food safety procedure in place and our staff regularly attend allergen and food safety training.

We can cater for intolerances, allergies, and alternative choice due to religious beliefs and dietary requirements.

We advise parents to talk to us so that we can work together to provide safe and nutritious food for all children, no matter the need.



Welcome to **Nourish**



ALLERGENS

SPECIAL DIETS AND FOOD ALLERGENS

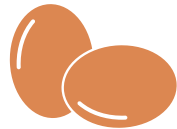
Don't think that your child can't enjoy our great food if they have a special diet - this is an important part of our catering service. We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs. Nourish already caters for lots of children with allergies, we have robust food safety procedures and our staff has regular allergen and food safety training. It is still important that parents talk to us so we can work together and continue to provide meals that are safe for their child to eat.



Celery



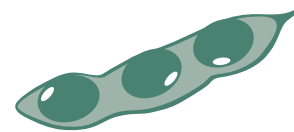
Gluten



Eggs



Fish



Soya



Sesame



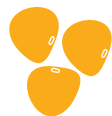
Crustaceans



Peanuts



Milk



Lupin



Tree Nuts



Sulphur Dioxide



Mustard



Molluscs

HELPING TO PROTECT OUR PLANET

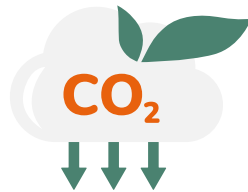
Operating responsibly is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.



PLASTIC AWARE

No single use plastics, plastic straws, cups or cutlery



REDUCING CO2 IMPACT

10% reduction in the last 12-months from supplier route and vehicle changes



REDUCING FOOD MILES

175,000 annual food mile reduction by optimising delivery schedules



90% RECYCLED

Over 90% of the disposable items we use to be biodegradable or recyclable.



REUSE OF COOKING OIL

Arrange for cooking oil to be turned into biofuels for our delivery vehicles.



REUSABLE PACKAGING

Packed lunches use reusable wrappings and lunch boxes



GROW WITH US

We supply children with seeds to grow herbs and vegetables



FOOD COMPOSTING

Schools can elect to compost food waste where possible



CLEANING PRODUCTS

Use biodegradable cleaning products via Delphis Eco



RECYCLING

Work with schools to organise recycling bins

NOURISH

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GET IN TOUCH

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