



Synergy Schools Food Policy

County Caterers is a 'fresh food' organisation. North Yorkshire County Council's food procurement strategy is based on local and regional sourcing of food which supports local business, provides traceability of produce and contributes to the health and wellbeing of its children and young people.

Synergy Schools takes government advice regarding its provision from 'School food in England Advice' for governing boards, March 2019 [Ref: DFE-00095-2014].

Our policy:

- food served will be compliant with The Requirements for School Food Regulations 2014 England, which came into force 1st January 2015.
- meals will be prepared fresh each day by caring and committed staff;
- local and regionally produced fresh meat and poultry, fruit and vegetables will be used in the preparation of meals;
- meals will be prepared using basic ingredients wherever possible which shall not contain any additive associated with health problems in children and young people including sweeteners, colourings, emulsifiers and thickeners;
- salt will not be used in cooking and sugar will be reduced in all recipes;
- local and regionally produced free range eggs will be used in all home baking;
- only non-hydrogenated fats will be used in the preparation of food;
- milk and yoghurts will be low fat (under 5's can be whole milk);
- meals will provide at least three of the five fruit and vegetables a day;
- meals will provide plenty of plant based fibre and slow release carbohydrate;
- meals will provide zinc and calcium and vitamins and more iron than the average packed lunch;
- water is always available;
- meals are prepared in clean, hygienic kitchens by trained catering staff following the HACCP Food Safety Management System; and in consultation with our customers and cooks, menus are carefully formulated to provide optimum levels of nutrients.

Written November 2015
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