

CH  
& CO

# MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

19 MAY 2021



# LOOKING AHEAD

As we head towards our final half term, I am delighted to see the restrictions easing and the opening of many clubs and sports activities. We've seen the diaries start to fill up with sports days and events and although we're proceeding cautiously through the road map, it is exciting to start to plan events where we can enjoy and celebrate the children's achievements.

We look forward to the coming weeks working with all our schools across the UK as restrictions continue to be lifted however please be assured we will not become complacent and will continue to put Safety First.

*Deborah*

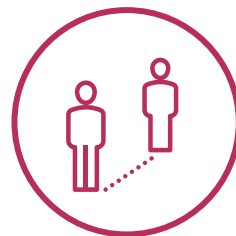
Deborah Homshaw  
CH&CO Education MD

This month the Education team along with family, friends and colleagues have taken on a 5,300 miles challenge to get to Nicaragua virtually and raise money for Springboard. I am so proud of their efforts so far and we've included some information on the final page so you can see how the team are covering the miles.



# Safety first

In an ever changing landscape, we are constantly reviewing and adapting safety measures within your school environment.



Limiting the people in our dining rooms



Practising physical distancing



Working to introduce flexible timings for lunch



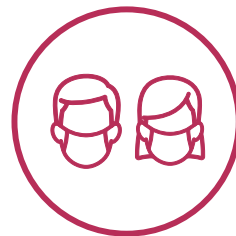
Introducing new menus and products



Introducing extra cleaning procedures



Washing hands after every interaction



Ensuring our teams have access to PPE



Applying the Government's 5 Covid-19 Steps



**THANK-YOU**  
FOR HELPING US  
ALL TO STAY SAFE

# | Exercise and Nutrition

Our Nutritionist Amanda Ursell looks at the best ways to fuel our body to support an active lifestyle



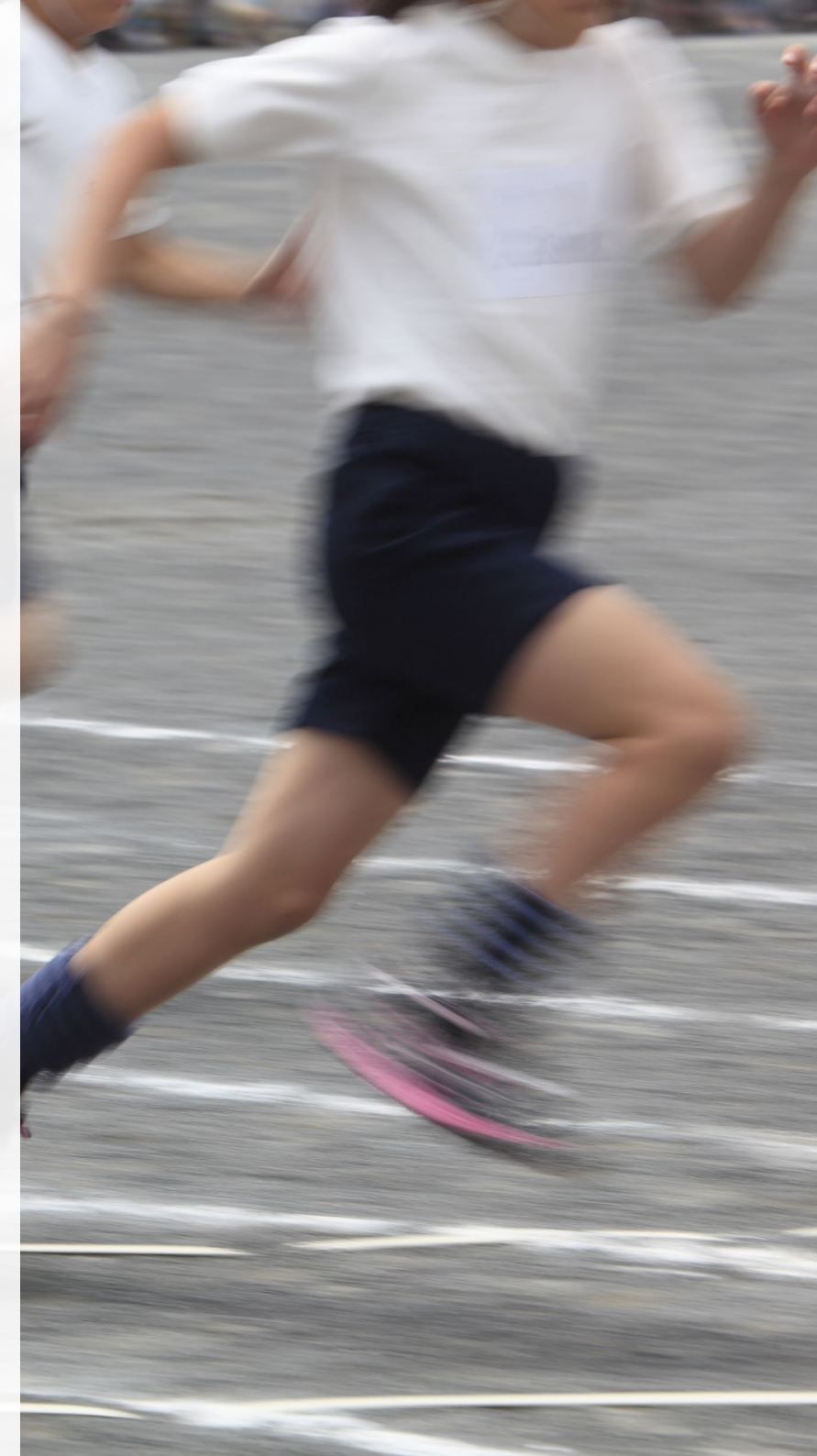
**Top class athletes, rugby players and anyone trekking to the North Pole for example, must pay serious attention to their day-to-day nutrition plan and many have carefully planned menus designed by sports dietitians.**

For the rest of us who enjoy our sports on a more recreational basis, then simply eating a healthy breakfast, lunch, and dinner with a couple of balanced snacks in between if we need them, is enough to support an active lifestyle.

While it's tempting to stock up on energy bars and sports drinks, if we eat well most of the time and keep well hydrated with water, our bodies can cope with being physically active.

So how about starting the day with porridge and a chopped banana or a milk and fruit smoothie if you are in a hurry? Lunch could be a tuna a sweetcorn wholegrain sandwich or a baked potato with baked beans and salad. For dinner, a chilli con carne with brown rice or some brown pasta with a tomato sauce and broccoli would do the trick.

When it comes to exercise and nutrition is clear. Eat regularly, eat well and your body will be raring to go.



Our Seasonal Vegetable this month is spinach and our chefs have put together two delicious recipes for you to try at home.



# Spinach

SPINACH IS GREEN, RIGHT? WELL, YES, AND NO. THE GREEN COLOURED CHLOROPHYLL IS WHAT WE SEE WHEN SPINACH IS NESTLING ON OUR PLATE BUT HIDDEN BENEATH LIES THE YELLOW PIGMENT 'LUTEIN'. RESEARCHERS SAY LUTEIN HELPS TO PROTECT OUR EYES FROM SUN DAMAGE. SPINACH IS GREAT TOO FOR VITAMIN K, A NUTRIENT WE DON'T HEAR ABOUT MUCH BUT IS VITAL FOR HELPING US TO BUILD STRONG BONES.

## SPINACH & SUNFLOWER SEED PESTO

## Recipes

### INGREDIENTS

500g spinach, picked & washed  
2 cloves garlic  
50g sunflower seed, toasted  
2tbs olive oil  
Seasoning

### METHOD

1. Place spinach into a colander & pour over boiling water, strain off any excess water straight away.
2. Place spinach in food processor along with garlic, sunflower seeds, olive oil & pulse until you get to your desired consistency & season to taste.

Mixed the pesto through warm pasta, drizzled over a pizza, over your favourite salad or just as a dip.

## SPINACH & STRAWBERRY SMOOTHIE

Portion size 16oz

### INGREDIENTS

150g spinach, picked & washed  
150g strawberry  
50g avocado  
200ml apple juice  
8 ice cubes

### METHOD

1. Add all ingredients into blender & blend until smooth.
2. Add chilled water if the smoothie is a little thick & pour into glass, drink straight way.

[Click here](#) →

Throughout May we're raising money for Springboard. We've taken on a 5,300 mile mission to reach Nicaragua virtually! Our trekkers may not have been physically able to go but that won't stop us getting there virtually!

Watch our video to see a few clips of those taking part and how they're going to cover the miles.

[Click here](#)

If you would like to sponsor us, please click here to take you to our Just Giving page, thank you!



The **Springboard Charity** inspires young people into careers in hospitality, giving them knowledge, skills and advice through our education programmes in schools, colleges and universities.

Helps people get sustained employment through our training programmes, tailored support, dedicated after care and access to work placements; launching people into future careers in the hospitality, leisure and tourism industries.

*Inquisitive, inclusive  
and motivated*

As a proud member of the CH&CO family, we spend our days challenging the perception of school dining. We are **inquisitive**, **inclusive** and **motivated** to affect change within schools across the country.

*Our focus isn't school food,  
it's just great food!*

**Every single child has the right to eat well and learn about food.** And it really is as simple as that!



**CH&CO**

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