

CH
& CO

MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

23 NOVEMBER 2020



LOOKING AHEAD

As we move ever forwards to the end of the year we all continue to work within the challenges of Covid-19. The continuous churn of self-isolation bubbles for both pupils and teachers and support staff is as we know relentless. But the resilience in schools is simply breath-taking. Our continued focus on feeding all children has never waned, we will not stop and we are as determined as ever to put nutritious eating at the heart of all that we do. I would like to say thank you to you our schools

and parents for your continued support and ask you to join with me to thank every team member across the country – without this army of food service assistants, porters, cooks and chefs in every school across the UK on the front line day in and day out, we simply could not do what we do. Thank you it is much appreciated.

Deborah

Deborah Homshaw
CH&CO Education MD



MAKING EVERY MOUTHFUL COUNT

MAKE EVERY MOUTHFUL COUNT FOR

Feeling good

Our mental health is equally as important as our physical health and that is why our nutritionist Amanda Ursell regularly talks to our school pupils and parents to ensure we all understand what we should be feeding our minds as well as our bodies.

MAKE EVERY MOUTHFUL COUNT FOR

Enjoyment

Our campaigns run weekly to highlight the benefits of a variety of foods and food groups ensuring every pupil can understand the positive effects of good food.

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Society

We support community action projects such as Roots4Life, providing cookery classes and teaching kitchens that help children and families understand nutritious eating as a positive step for the next generation.

MAKE EVERY MOUTHFUL COUNT FOR

Sustainability

Looking after our planet for future generations and creating a sustainable society is an essential part of our everyday lives and we ensure pupils understand not just the why but also the how.



| Vitamin D

Our Nutritionist Amanda Ursell looks at the importance of vitamin D...

Your skin is amazing. Constantly relaying messages to your brain about temperature, pressure, touch and pain, it also has another crucial role. **Hidden within its layers is a molecule, which when hit by the sun's ultraviolet rays, is miraculously converted into vitamin D.**

In your body, vitamin D teams up with its best nutritional buddy, 'calcium', helping to build strong bones, teeth and muscles.

There's just one problem. In the UK, the sun's rays are only strong enough, to trigger vitamin D production in the summer months and even then, we don't make enough to see us through winter. Over time, this can affect growth and leave muscles feeling tired and achy.

This explains why children and teenagers in the UK are advised to take a vitamin D supplement all year round. Measured in 'micrograms', that's 1,000th of a milligram, the advice is to take 10 micrograms of vitamin D, the so-called 'sunshine vitamin' daily, even if you manage to eat some of the few foods that naturally provide it, like herrings and sardines, eggs and butter.





Our Seasonal Vegetable this month is pumpkin and our chefs have put together a delicious recipe for you to try at home.

Pumpkin

JUST AS OUR RELATIVES CAN COME IN ALL SHAPES AND SIZES, THE SAME IS TRUE FOR PUMPKINS. THEY ARE RELATED TO EVERYTHING FROM SMALL ROUND, YELLOW-COLOURED BUTTERNUT SQUASHES TO LONG GREEN MARROWS!

PUMPKIN & SUNFLOWER SEED COOKIES

Makes 25

Recipe

INGREDIENTS

115g unsalted butter, melted and cooled

100g light soft brown sugar

50g caster sugar

125g mashed cooked pumpkin (steamed or roasted)

1/2 tsp vanilla extract

225g plain flour

1/2 tsp bicarbonate of soda (baking soda)

½ tsp salt

75g sunflower seeds toasted

METHOD

1. Preheat the oven to 180°C. Line 4 baking sheets with baking paper.
2. In a large bowl, whisk the melted butter and sugars together well then whisk in the vanilla and mashed pumpkin. Add the flour, bicarbonate of soda and salt, and stir to create a dough, then stir in the toasted sunflower seeds.
3. Roll heaped tablespoons of the dough into balls, place them onto the prepared baking sheet and press down gently with the heel of your hand. Bake for 10 minutes. They will be pale, but don't overbake them.
4. Leave to cool for a few minutes on the baking paper sheets transfer to a wire rack to cool completely.

Pumpkins can grow to the size of a large beach ball and weigh the same as a very heavy baby but some grow no bigger than the size of a small football.

Their beautiful, vibrant orange flesh gets its' colour from the plant pigment called beta-carotene. Your eyes need beta carotene to help them adapt to dim light and it is also converted into vitamin A, a vitamin that is vital for healthy skin.



Click here →

To see our mini chef make some tasty overnight oats.



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!

I DID YOU *know*

You can make some of our delicious meals yourself at home. We've used this weeks food focus as our inspiration. Why not give it a try tonight?



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