

CH
& CO

MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

5th OCTOBER 2020



JOIN US IN OUR MISSION

In CH&CO Education we would like to know how you can join us in our mission to make every mouthful count for every child and every family.

We know it's a big ask given everything that is going on in the world but now is the time to make change and really pull together and continue to make a difference.

I also want to continue to reassure everyone that at this time and for the foreseeable future everything that we do has safety first at its core.

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.

MAKE EVERY MOUTHFUL COUNT FOR

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.





What's the one thing that your eyebrows and eyelashes; your skin and saliva as well as the linings of your nose, throat and lungs all have in common? Well, along with the acid in your stomach, they are the first line of defence in your **amazing immune system**.

Each, in their own way, help to physically block microbes like bacteria, virus and fungi from making it inside your body. If and when bugs do break through these barriers like for instance, bacteria that cause food poisoning or a virus that triggers a cold, we then rely on an army inside including antibodies, which launch attacks to fight them off.

Getting plenty of sleep and eating nutrient-packed meals and snacks are two great ways of helping all the parts of your immune system to work at their best. So too is finding ways to deal with anxiety, stress or feeling low. This may include talking with friends, family or someone at school to help cope with a difficult time.

| Immunity

Our Nutritionist Amanda Ursell looks at our incredible immune system and how it works for us...



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

Peas

DID YOU KNOW THAT ON AVERAGE EVERYONE IN BRITAIN EATS NEARLY 9,000 PEAS PER YEAR! THIS TINY LITTLE GREEN VEGETABLE IS PACKED WITH FIBRE AND PROTEIN AND BECAUSE PEAS ARE FROZEN WITHIN TWO HOURS OF HARVESTING, THEY ALSO GIVE YOU VITAMIN C

PEA HUMMUS

Serves 10

Recipe

INGREDIENTS

- 400g cooked peas
- 2 garlic cloves, crushed
- 2 tbsp tahini
- Squeeze of lemon
- 2 tbsp cooked cannellini bean
- 4 tbsp olive oil

METHOD

1. Blend all the ingredients together using a hand blender or food processor. Add 1-2 tbsp water, then blend again.
2. Transfer a portion to a pot and add to a lunchbox with pitta bread strips, vegetable sticks or nachos.
3. Keeps chilled for up to 3 days
4. Variations, add cumin, chilli, coriander, mint or lime.



You can tuck into peas as a 'veg on the side' of your main course as well as adding for instance, to soups, curries and risottos, paellas, omelettes and delicious winter casseroles and stews.

And if you want to win the world record for eating peas, you will need to beat Janet Harris who in 1984, ate an astonishing 7,175 peas in one hour...using chopsticks!

Click here →

To see the children from Charlton Manor Primary School make a delicious fish dish.



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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