

CH
& CO

MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

SEPTEMBER 2020





LOOKING AHEAD

As we look towards September, I want to reassure everyone that at this time and for the foreseeable future everything that we do has safety first at its core.

I am very lucky to lead a very dynamic agile team of chefs, managers and people who really care about what they do. The important thing about our food and what we believe is that food is intrinsically nutritious, it's about how you eat it and what you put together on the plate.

We want to make food fun again, make it interactive and make the learning and understanding of food part of everyday life and that is what we intend to do.

Making food fun and feeding our pupils' curiosity is what our role is all about and I really look forward to making a difference to each and every child that we serve in our schools.

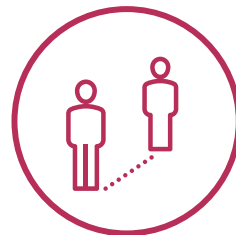
Deborah

Deborah Homshaw
CH&CO Education MD

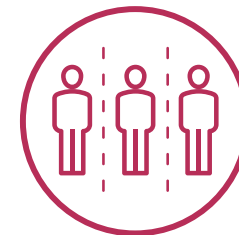


Safety first

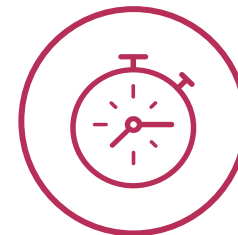
In an ever changing landscape, we are constantly reviewing and adapting safety measures within your school environment.



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

AS WE RETURN *to school*

Our Nutritionist Amanda Ursell highlights the importance of eating for your brain...



The timing of when we choose to eat our meals can also have an impact. Skipping breakfast has a negative effect on mental performance in the morning, and consuming meals within a short window, instead of spreading them throughout the day, is associated with greater sleepiness and lower energy levels.

What and when we eat can affect how well our brains work.

For instance, eating meals that are rich in fast release carbohydrates decreases mental performance, while tucking into balanced meals with vegetables and fruit which are associated with a slow release of energy throughout the day has been shown to have a positive effect on cognitive capabilities.

In addition to the type of food consumed, it has been shown that eating sensibly portioned meals is linked to optimal attention.

When it comes to 'brain food', we've got the formula right; regular balanced meals that contain plenty of vegetables and fruit and are correctly sized for the age of the child. Combine this with staying well hydrated and we can have a significant impact on how children feel and their performance in the classroom.

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

Curly Kale

CAN BE EATEN RAW OR COOKED AND IS PACKED FULL OF NUTRIENTS INCLUDING VITAMIN A, C, K AND FOLATE
#HOWDOESYOURGARDENGROW

KALE AND APPLE CAKE

Serves 12

Recipe

INGREDIENTS

For the cake

200g packed kale leaves
3 eggs
100ml vegetable oil
2 tsp vanilla extract
100g cup apple sauce
175g caster sugar
2 eating apples, peeled and grated
250g plain flour
2 tsp baking powder

½ tsp salt
Butter or cooking spray, for greasing

For the apple icing

2 tbsp unsalted butter, softened
2 tbsp smooth apple sauce
250g plus 1 tbsp icing sugar
½ tsp vanilla extract

To decorate

1 handful blueberries (optional)

METHOD

1. Preheat the oven to 180°C/160°C fan/350°F/gas 4.
2. Grease and line two 20cm/8in round cake pans. Tear the kale leaves into bite-sized pieces and boil or steam them for a few minutes until tender.
3. Refresh by running under cold water to cool, then drain, squeeze out any excess moisture and purée well with a hand blender.
4. In a large bowl, beat the eggs, oil, vanilla, apple sauce and sugar together with an electric mixer.
5. Beat in the kale purée and grated apple.
6. Sift in the flour, baking powder and salt, then gently combine. Divide the mixture between the prepared pans and bake for 30 minutes, or until a skewer inserted in the middle comes out clean.

7. Leave to cool in the pans for 5 minutes, then turn out onto a wire rack to cool completely.

To make the apple icing

1. In a large bowl, beat the butter and apple sauce with an electric mixer.
2. Add the remaining icing ingredients and beat until smooth.
3. If necessary, add a little more icing sugar or a teaspoon of milk to reach the consistency of thick frosting.
4. Store in the fridge until ready to use.
5. Sandwich the cakes together with about a quarter of the icing, then spread the remaining icing over the top and sides of the cooled cake.
6. Top with the blueberries to finish.

MAKING EVERY MOUTHFUL COUNT *Will you join us?*



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.

Fish is the dish

A fabulous source of high quality protein and a great source of Omega 3 - try a new fish dish today!



GOOD FOR **trying**
Love the food that loves you back

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.

Click here →

To see how we're getting ready to welcome you back!



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!

LOOKING FORWARD
to going back

When it comes to looking forward to welcoming you back safety comes first. Watch our latest video to see how we're getting ready and having fun with food too.



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