

CH
& CO

MAKING EVERY MOUTHFUL COUNT



FROM THE *Kitchen*

5 NOVEMBER 2020



LOOKING AHEAD

As we return to settle back into the second half term of this academic year we are all doing so against a backdrop of yet further changing circumstances. In these difficult times we must not lose sight of the importance of providing good food and nutrition for our young people up and down the country. Recent focus on school meals is to be applauded as it raises the profile of child hunger. No child should go hungry in this day and age. Good nutrition is fundamental for a child's physical and emotional development; it helps their bodies develop but also enhances their ability to learn and exceed their potential. Personally, I would like to see this current movement go even further with a full-on modernised national strategy that makes the learning

and understanding of food part of everyday life and educates all of us in the importance of good nutrition for children. We all have a role and responsibility in this and for now we continue to focus on making every mouthful count for every child using the four pillars of enjoyment, mental health, community and sustainability as our foundation. We look forward with determination and resilience to the coming weeks working with all our schools across the UK.

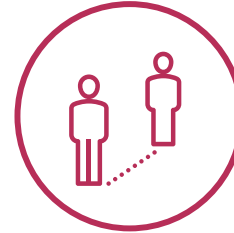
Deborah

Deborah Homshaw
CH&CO Education MD

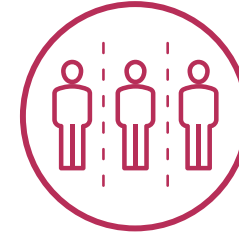


Safety first

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



| Concentration

Our Nutritionist Amanda Ursell looks at how different foods affect our concentration and focus...

Our ability to focus on a task in hand naturally ebbs and flows over the day. Many factors from sleep patterns to stress affect our levels of concentration and so too, can when, what and how much we eat and drink.

In terms of 'when', three regularly spaced meals a day, which supply a steady supply of energy and nutrients seem to best for our brainpower. It is important to drink fluids regularly too, since even mild dehydration affects attention span.

For the 'what', scientists believe a combination of slow release energy like oats, wholegrain breads or wraps; pittas, pasta or sweet potatoes; plantain, basmati rice or chapati make great foundations for meals. Add to this, vegetables and some lean protein such as pulses or tofu, chicken or fish, eggs or meat and you create a great combination of carbohydrates, protein, vitamins and minerals, all of which play a role in nourishing our brains.

The final part of the equation is 'how much'? Research reveals that moderate size meals gives our grey matter the best chance of keeping alert and leave room for snacks like fruit to boost super nutrients and fibre in between.



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

Beetroot

COOKING WITH BEETROOTS CAN BE MESSY AS THEIR RICH RED PIGMENTS LEECH ONTO YOUR HANDS, SEEP INTO THE CHOPPING BOARD AND STAIN EVERYTHING IN SIGHT! THIS BEAUTIFUL VIBRANT COLOUR COMES FROM 'BETACYANINS' IT CONTAINS, WHICH SCIENTISTS ARE GRADUALLY DISCOVERING, MAY BE HELPFUL TO OUR HEALTH. BEETROOTS ALSO GIVE US SALICYLIC ACID, WHICH IS A RELATIVE OF ASPIRIN AND SEEMS TO HELP DAMPEN INFLAMMATION.

BEETROOT & VANILLA CUPCAKES WITH BEETROOT ICING

Makes 12

Recipe

INGREDIENTS

For the cakes

100g cooked beetroot
150g unsalted butter, softened
125g caster sugar
2 eggs
2 tsp vanilla extract
200g plain flour
2 tsp baking powder
½ tsp salt

For the icing

75g unsalted butter, softened
250g icing sugar
1 tbsp milk
1 tsp beetroot juice
½ tsp vanilla extract

METHOD

1. Preheat the oven to 170°C, Line a 12-cup muffin pan with paper cases.
2. Purée the cooked beetroot until smooth. Cream the butter and sugar together until light and fluffy. Beat in the eggs, one at a time, and beating each one in well, then beat in the beetroot purée and vanilla. Don't worry if the batter splits it will come together when the flour is added. Sift in the flour, baking powder and salt, and stir gently to combine
3. Spoon the batter into the muffin cases until three-quarters full. Bake for 15-20 minutes, or until a skewer inserted in the middle comes out Clean. Leave to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before icing.
4. To make the beetroot icing
5. In a large bowl, cream the butter with an electric mixer until smooth. Sift in the icing sugar and beat until thick. Beat in the milk, beetroot juice and vanilla. If necessary, add more icing sugar or a tsp of milk to reach the consistency of thick frosting. Spoon the icing into a piping bag and pipe onto the completely cooled cupcakes.



Click here →

To find out how to make our quick and easy tomato and pea pasta.



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 week's food focus as our inspiration. Why not give it a try tonight?



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