

Harrison Catering Services – Talk on Nutrition

Tuesday 21st February 2017

6pm

Present:

From Harrison Catering Services: Dr Juliet Gray (DJG) – Company Nutritionist
Sonia Redhead (SR) – Area Manager

From Clapham Manor Primary: Tammy Allen (TA)
Maria Theophilou
Simon Allen

6 parents

Start time: 6.10pm

Presentation

TA welcomed everybody to the talk and advised that this meeting has been organised from comments made at the last Parent Forum minutes.

TA introduced Dr Juliet Gray and Sonia Redhead from Harrison Catering Services and thanked MT for attending also.

TA thanked Harrisons for all their support and donations which continues.

TA then passed over to DJG, who had a presentation prepared.

DJG advised that she will speak about nutrition generally, about food in schools, will then take questions and attendees can try some dessert.

DJG spoke about Nutrition in young people and spoke about the issue of obesity in children. DJG advised that the quality of the diet is also a problem in the UK. One of the issues is also about low level of activity. Whilst sugar is a main focus, getting children to eat fruit and vegetables is also a problem. Harrisons encourage children to try all sorts of fruit and vegetables.

DJG spoke about lack of nutrients as a concern

DJG advised about new standards in schools and the standards are to educate children and how to feed them, about the distribution and range of foods, to sample a wide range of tastes as possible. Harrison works very hard in doing this.

The Standards encourage more vegetable and fruit as well as whole grain foods. DJG advised that all desserts are made of wholemeal flour, which parents can try later.

SR advised that the sausages are made especially for Harrisons, and are made from chicken with wholesome ingredients.

DJG reiterated that the menu assists the children in choosing the right foods and the menu is set in accordance with the standards.

TA advised how the lunch system works. The children up to year 2 are helped to make the right choice and by the time they reach year 3 they are able to make their own decisions from what they have learnt.

TA advised that she looked at the children's selection and the children choose a wide range of desserts from Fresh fruit, smoothie or a dessert option

Questions:

Parent Question: How do you ensure you keep the balance when there is such a choice?

Answer: It should happen naturally from the children's learning and over the course of a week; the child should have all the desired nutrients.

TA advised that the staff help the children select their foods to ensure that they always have a selection and the staff encourage the children to eat more vegetables

Parent Question: At some school's they have started to introduce a fruit snack at a particular time of day what happens at Clapham Manor?

Answer: Every child has fruit up until year 2 and from year 3 upwards they are encouraged to bring in fruit from home

Parent Comment: A parent commented that the portion size looks quite large and would prefer smaller portions.

Response: DJG we are duty bound to provide a nutritional amount in schools and the desserts provide this.

SR advised that the size is an average size and the portion size is measured from the nutritional value of the meal.

Parent Comment: It is a big decision for a 4 year old whether to eat a big portion of dessert or fruit.

Response: A lot of iron in the crumbles and sponges

DJG as a company we work on sugar reduction and we have a sugar policy, we are currently developing new recipes that will reduce the sugar.

Parent Question: Do the yoghurts served contain sugar?

Answer: Yes and on Friday Greek yoghurt is served.

SR advised that three of the puddings are fruit based, there is also carrot cake, jelly with fruit pieces. In one dessert blended apples are added to the sponge. The pupils enjoy this and it also contains all the nutrients.

Parent Comment: The menu is amazing and there is a wonderful array of choice, but if a child chooses cake every day then there is a problem.

Answer: As well as providing sugar it provides all the other nutrients, the children are also active during the day.

Parent Comment: The impression given is that it is ok to have cake every day. Could the menu be changed so cake is not available every day?

Answer: The cakes contain other minerals that are provided every day and if they have fruit everyday then they will not be getting all the nutrients. DJG said that it had been restricted in some schools and on cake day, everybody has cake and not fruit, so we are not teaching them anything.

Parent Question: Would it be possible for the children to have a piece of cheese?

Answer: This used to be provided more often but it only appears a few times of the three weeks.

SR advised that we want the children to know that good food it ok to eat in proportion. An example given is that carbohydrates are required to grow which is present in the food. There are always hot vegetables available every day and 8-10 choice of salads. So everything we put in the plate is of benefit. Processed food is not served or provided, all food is cooked and baked from fresh ingredients and we want the children to have enough energy to complete their afternoon learning. SR welcomed parents to come for lunch at any time to see and try the lunch.

Parent Question: In order to encourage children to eat more vegetables, can the salad be chosen first by relocating it at the start of the line and then serve the food?

Answer: We are trying to educate the children, and if they are eating at home they choose their protein and carbohydrate then add the vegetables, so they put the salad last. We are trying to replicate this in the kitchen.

Parent Comment: It worries me that my child has too much sugar, so should I reduce the sugar intake in school. As he sees a dessert as a treat and I am concerned about obesity and diabetes.

Answer: It is just not about sugar, it is about a balance of all nutrients, and with the children being active it should not be a problem.

Parent Question: The required amount of sugar is 5 teaspoons a day, do you know how many teaspoons of sugar there is in a dessert?

Answer: DJG it could be about 10grams

Parent Comment: I like the fact that the pudding has a nutritional value and that we should not be reliant upon a pudding to get this.

Answer: It is an average over the week. A roast lunch is a low calorie meal, so we balance this with the dessert.

Parent Question: What is in the fruit smoothie?

Answer: Fruit and yoghurt

Parent Question: Can it possibly be changed to have fruity Friday as you mentioned in other schools?

Answer: We have to refer this to Mr Hazell and also get the voice from more parents. We also educate the children that cakes in school are healthy as opposed to the processed desserts bought over the counter fast food cakes.

Parent Question: In my school days we had rice pudding or tapioca, can this be introduced?

Answer: We have served this and the children just do not eat it.

Parent Comment: I do not worry about my child eating the dessert; it just seems that it is not necessary.

Answer: It is about balance and for the child to choose sensibly.

Parent Comment: One parent commented that their child says that the sausages in school are the best ever!

TA closed the meeting at 7pm, thanked everybody for their comments and to complete the feedback form, as all comments are valuable.

TA also thanked DJG and SR for their time and the very informative talk.

The talk ended at 7.10pm