

THOMAS FRANKS NUTRITION IN OUR SCHOOLS

Introduction

At Thomas Franks nourishing pupils is paramount in everything we do. We strive to ensure our students enjoy **freshly prepared**, tasty and **nutritious food** every day. Our menus are aligned to go above and **beyond** the **government's school food standards** which ensure our meals are of the **highest quality** and meet the **nutritional needs** of our children and young people.

To support our commitment to nutrition we are thrilled to announce the appointment of Registered Nutritionist Christine Bailey to the Thomas Franks team. Christine has over 20 years' experience in the nutrition, fitness and health industry and is author of over 14 recipe and health books including My Kids Can't Eat That: How to Deal with Allergies & Intolerances in Children and The Brain Boost Diet.

Christine regularly appears in the media and writes for national magazines on health, fitness and nutrition. She also lectures nationally and internationally on nutrition and health as well as demonstrating healthy nourishing recipes at shows and events.

Christine has already been instrumental in refining our nutrition standards and policies on special diets and allergies. She will be involved in all aspects of nutrition, health and wellbeing, providing support for the team and our clients.



"Eating well for children and young people should always emphasise a diverse range of nourishing fresh foods that make up a healthy diet. Dietary diversity is as important to our health as ecological diversity. One of the best ways of achieving sustainability in our lifestyles is establishing healthy eating habits as early as possible"

NUTRITIONIST CHRISTINE BAILEY.

THESE ARE JUST SOME OF THE KEY AREAS WE WILL BE FOCUSING ON OVER THE NEXT FEW MONTHS:

Ongoing reformulation of recipes to reduce sugar content throughout the school menu particularly desserts, snacks and match teas. We will ensure our homemade cakes, brownies and sweet treats are lower in sugar than standard recipes (green or amber traffic light labelling rather than red).

Incorporation of a greater range of nutritious plant based meals, desserts and snacks in the school menu.

Development of a new sports nutrition guide for parents, schools and teenagers as well as education around the importance of nutrition for sports performance

Development of a mental health nutrition guide for parents and schools, highlighting the importance of diet and key nutrients for cognitive health and mental wellbeing.

Implementation of Natasha's Law and collaboration with the Natasha Allergy Research Foundation to raise awareness of allergies in schools. This will include incorporation of a greater range of naturally allergy free options on menus throughout schools and a focus on eliminating as many allergens on the menus as possible.

Allergens

WORKING WITH NATASHA ALLERGY RESEARCH FOUNDATION

We are thrilled to announce that Thomas Franks has joined forces with the Natasha Allergy Research Foundation to raise awareness of allergies and allergy free provision in schools.

In a unique collaboration over the next five years, The Thomas Franks Foundation will be supporting the work of the Natasha Allergy Research Foundation into furthering allergy research and raising allergy awareness.

Following the tragic death of their daughter, Natasha, Nadim and Tanya Ednan-Laperouse founded the Natasha Allergy Research Foundation to prevent and eradicate allergic disease, with the vision of creating a world without allergy. Natasha's Foundation is the only charity in the UK dedicated to funding allergy medical research www.narf.org.uk.

Tanya said: *"With nearly 3 million adults in the UK with food allergy and up to 8% of children, that's one child in every class in every school that have to make daily life and death decisions about the food they eat. We are so grateful to The Thomas Franks Foundation who are investing in creating a world without allergy through funding the vital research of the Natasha Allergy Research Foundation. Thank you to the Thomas Franks Foundation - you are making food allergy history."*

Creating Healthier Treats

At Thomas Franks we recognise the importance of reducing the sugar in our diets. From soups, ketchup, salad dressings and ready meals, added sugar is present in so many everyday products. This is why we make our meals from scratch and only use lower sugar shop bought options where needed (e.g baked beans, tomato ketchup). However that doesn't mean we have to miss out on tasty dishes and sweet treats.

There are lots of clever ways to reduce sugar in recipes, including in cakes and desserts. For example, in many of our cakes we replace some of the sugar with fruit, yogurt or even vegetables like carrots, beetroots or courgette to add moisture, texture and, of course, additional fibre and nutrients. Seasonal fruits are the key player in many of our daily desserts. When making flapjacks, we replace syrups with dried fruit, banana or apple to provide natural sweetness and additional nutrients too.

AMBER OR MEDIUM if food contains mostly amber, you can eat it most of the time. For sugar this means >5g and less than <22.5g per 100g.

GREEN OR LOW. The more green lights a label displays, the healthier the food choice is. For sugar this means a food <5g per 100g.

PUT A TRAFFIC LIGHT ON EVERY FOOD

	LOW A healthier choice	MED OK most of the time	HIGH Just occasionally
All measures per 100g			
Fat	3g or less	3.1g - 17.5g	More than 17.5g
Saturates	1.5g or less	1.6g - 5g	More than 5g
Sugars	5g or less	5.1g - 22.5g	More than 22.5g
Salt	0.3g or less	0.31g - 1.5g	More than 1.5g

High Fibre = 6g or more fibre per 100g

GLUTEN FREE

Chocolate Beetroot Brownie

Ingredients

MAKES 16 BARS

- ◆ 150g cooked beetroot
- ◆ 150g dairy free spread
- ◆ 170g dark chocolate
- ◆ 75g xylitol or caster sugar
- ◆ 3 eggs
- ◆ 1tsp vanilla extract
- ◆ 30g cocoa powder
- ◆ 60g Gluten free self raising flour
- ◆ 1tsp bicarbonate of soda
- ◆ 1tsp baking powder
- ◆ 30g dairy free chocolate chips

Method

1. Preheat oven to 180C, gas mark 4. Grease and line a 20cm square traybake tin.
2. Grate the beetroot and set aside.
3. Place the dairy free spread, dark chocolate and xylitol in a pan a warm gently to melt the chocolate. Allow the chocolate to cool slightly. Place in a food processor with the rest of the ingredients except the chocolate chips.
4. Spoon the mixture into the tin.
5. Scatter the top with the chocolate chips.
6. Bake in the oven for 25 minutes until golden brown and firm to touch. Allow to cool completely before removing from the tin. Cut into bars. Store in the fridge or they will freeze for up to 3 months.

Nutrition per bar 168kcal, Total Fat 12g of which saturates 4.9g, Carbohydrates 13g of which sugars 4.2g, Protein 3.2g



Food & Nutrition

FOOD IS AT THE HEART OF WHAT WE DO. WE SOURCE WITH CARE AND COOK WITH PASSION, ANTICIPATING FORTHCOMING CULINARY TRENDS AND SUPPORTING SMALL AND LOCAL PRODUCERS AND SUPPLIERS.

We believe in an innovative and seasonal approach to food, using fresh ingredients and cooking from scratch for all of our clients every single day.


We strive to ensure our customers enjoy freshly prepared, tasty and nutritious food every day. Our menus are aligned to go above and beyond the government's food standards which ensure our meals are of the highest quality and meet the nutritional needs of our customers.



Sustainability

The impact that we are making on our environment is at the forefront of our agenda – and we are dedicated to working responsibly with our clients, suppliers and employees to make positive changes.

ISO14001
CARBON NEUTRAL BY 2025
100% GOOD WASTE COMPOSTED BY 2023
50% PAPERLESS THROUGHOUT WHOLE COMPANY BY 2022



Suppliers

We hand-pick local, family-owned regional suppliers to bring us the best of each season's produce. It is important to us to support the communities in which we operate and to reduce our carbon footprint and food miles.

We invest in our relationships with our suppliers which is in turn rewarded with their dedication and loyalty; many of them are family-owned and have been working with us since Thomas Franks opened.