

School Food Council

Meeting minutes

18/01/2017 at 13.30

- Year 1: Taio DOLPHINS Felix CATS
- Year 2: Freya OWLS George Hague TIGERS
- Year 3: Zenna 3RF Josh 3F
- Year 4: Peter 4H Adam 4C
- Year 5: Nabiya 5K Freya 5G
- Apologies from Year 6 pupils, as on INSPIRE RE DAY

- Review of previous minutes

Burger has gone back on to the menu after request.
Banoffee pie has gone on the menu after request.
May be changed if proves not to be popular.
Flavours of smoothies- milkshakes on at the moment- as smoothies did not prove popular with children overall. Mr Goodwin has increased the amount of milkshake provided during the lunchtime as pupils had commented that there wasn't always enough left for pupils who came in for dinner at the end of the service. Children have noticed that there is more available now.
Lids for the jugs are too expensive and don't sit on the jugs very well, so won't do this.
Roast dinner day proved very popular with all the children as did the Food from around the world for Our World Week- Freya fed back that some children in Year 5 actually changed from packed lunch to dinners for the whole week as so excited.

- Look at new menu

Samples of arctic roll pudding were given out to pupils to trial- all liked it.
Lincolnshire sausage chosen as was the most popular in the trial we had in food council earlier this academic year.
Pizza now back on the menu.
Belgian waffles back on the menu- very popular last time they were on.
Burger back on the menu.
Meatballs- possibly going to change to the meatballs to an organic version. Beef version to be used now, instead of the current meatballs.
Swedish meatballs that we have currently are more blended.

Beef lasagne and braised steak to also be used as well. The reason for the change is so that we can up our organic content to at least 5% of the menu so that we can go for the Silver Food for Life Award, as we have only got 5 more criterion out of 17 to get and this is one of them.

Pupils have asked again if some recipes could go out to parents to cook at home with their children- Mr Goodwin has agreed to trial putting the Tomato sauce recipe he uses for pasta and meatballs to go on the catering newsletter.

Overall the new menu is similar menu to last year's spring menu. All foods that you have enjoyed from last year.

- **Plans for Chinese new year lunch-**

Mrs Jones to make sure a note goes on the learning platform to remind about theme day menu changes.

Crispy Kung Pao chicken- chicken bites we already have on the menu so that if you have the chicken without the sauce it is something that you already recognise.

Could we have a making session for the Chinese New Year lanterns for the Chinese New Year menu?

Mrs Jones to organise a lantern making session on Friday at lunchtime- children need to decorate them for the hall. (note now moved to Monday lunchtime).

- **What will be the theme for world book day?**

Mrs Jones and Mr Goodwin to check with teachers today to find out? Could we have a different theme from Roald Dahl or Harry Potter? Perhaps Alice in Wonderland so could do Mad Hatter's Tea Party? Or any other suggestions?

- **AOB**

Adam has brought a list of the food council ideas from Year 4-

Bigger meals for bigger appetites- Mr Goodwin will always offer pupils more if there is any food available and children can have fruit also.

We just have to make sure that children have eaten the extra.

Chocolate fountain- could we have this used again soon? Mr Goodwin explained that this would be possible again as the consistency will be changed next time it is used.

Perhaps for the World Book Day menu, subject to permission from Mrs Gerver?

Hot drinks for pupils- Can't do hot drinks for children as it could cause scalding.

We already have a wide variety of drinks compared to many other schools.
The smoothies didn't go down so well, so can't have them.
Could we perhaps have a tropical drink? Perhaps trial in the world book day menu?

Fruit sugar- natural sugar called fructose would mean that you would only get a very small amount of drink, less than a third of a cup to drink, which is not really enough for pupils.

Sugar

Mr Goodwin explained to the children that 3 teaspoons a day is approximately all children are allowed per day. It is the only thing that your body doesn't need.

He has been reading a new big report from the government called 'The State of the Nation.'

It talks about being unhealthily overweight (obesity).
This is 'bad fat.' Stops you from being able to act a healthy lifestyle.

Milk, fried food, fresh fruit for all children.

We need to be thinking about reducing the amount of sugar we eat.

One of the most important things it suggests in the report is that we should have only of fruits or yoghurt then only have other puddings two or three times per week. Would pupils be happy for us to trial this in school?

Mr Goodwin would like to trial a yoghurt bar- with granola or fruit that you can put on it.

Mrs Jones to check the food council badges- the company we used last year no longer makes bespoke badges, can we find another source?

Suggestion box- ideas box to be mounted on the new display.

Freya has put up new posters up around school to remind pupils about their Food Council representatives.