

Introducing

FIVE FOODIE DAYS

**A school food menu created
through the eyes of pupils**

Schools by Sodexo provides catering services at your school. We work in partnership with schools and listen to our customers to ensure our school menus are healthy, value for money and can be enjoyed by your children!

Our Five Foodie Day menu has been designed specifically for primary school aged children and offers a modern, fresh approach to school food. Look out for it at your school this term!



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FOOD
& **CO.**
by *sodexo*

Modernising school food

We wanted to do things differently; our clients said they wanted innovation, our pupils told us they wanted more cosmopolitan meal choices as well as a new dining experience, so we set out on a journey to modernise our school food offer.

Listening to pupil needs

To achieve this, we conducted research with pupils in key stage 2-4 across the UK. We asked young people about the food they want to eat and why, when and how they want to eat it. The message was clear, they told us they would like to:

Eat high street style food that includes their favourite choices.

Try new foods from different countries and cultures.

Enjoy a 'high street' experience, offering a more 'grown up' feel.

Customise their meals by choosing from tasty sauces on the side to add extra flavour.

Our research findings reflected market trends, showing how pupils of today's generation are brand-savvy and active consumers of high-street food, with a more sophisticated palate than ever before:

72%

Of children aged 7-15 want to try foods they haven't had before.

33%

Read food labels and actively choose healthier choices because doing so is "cool".

68%

Agree that they would like to eat food they have seen in adverts and on the high street.

93%

Think that it is important to have a healthy diet & look out for food that is nutritious.



"The new menu offers something new, it's innovative and the children enjoyed it"
Primary School Principal

"I like the 'grown up days' because it's fun, it feels special and it's posh!"
Pupil, 8 years old

So, what does the menu look like?

Each day of the week is themed with dishes reflecting the topic as well as high-street trends and the foods pupils have told us they like to eat.

We are offering pupils a more 'grown up' dining experience and high street style food (not fast food) by serving key stage 2 pupils their meal in a box twice a week. We also want to make sure nobody misses out, so once a month key stage 2 pupils will invite key stage 1 pupils to join them on their 'grown up day'!

Importantly, our new menu continues to meet the government school food standards.



FIVE FOODIE DAYS

Planet Earth Day

1 A focus on plant-based food with the opportunity to try new and interesting vegetables.

World Food Day

3 Provides an opportunity for pupils to explore foods from different countries such as Mexico.

Street Food Day

2 Serving high street favourites that pupils said they would like to try.

Originals Day

4 This is about traditional and familiar foods pupils have told us they love to eat.

Friday Favourites

5 More than just fish and chips! A range of fun and popular foods for the end of the week.

"The theme days created an interest when talking about the menu in class & is useful for curriculum links"

Primary School Principal

AGENTS
for CHANGE

The pupil voice

We want pupils to have a say in their school food, that's why we created 'Agents for Change'. This programme creates formal roles for pupils; involving working with our kitchen team, talking to pupils about school meals, conducting surveys, promoting new dishes and encouraging their peers to taste and learn about new foods.

We have trialled the Five Foodie Days menu and here's just some of the feedback captured by pupils undertaking the role of Agent for their school:

About the food:

Pupils liked nearly everything; it was tastier and yummiier.

About Five Foodie Days:

Pupils enjoyed trying new foods from around the world.

About the box:

Pupils felt special, posh and said it was fun.

About Agents for Change:

Pupils liked the idea, it made them feel happy, special and proud. They enjoyed talking to different people, making new friends, and staff recognise pupils tend to listen to their peers.

"I'm proud to be an Agent because it makes me feel special, you get to go in the kitchen and talk to people, you make new friends but sometimes you miss out on your break."
Agent for Change pupil,
9 years old

"The Agents program is a good idea, it's important as pupils tend to listen to pupils and because it gives children some time to talk about what they like and don't like."
Teaching staff





We have worked hard to get the menu right!

Following a trial of our Five Foodie Days menu, overall feedback on the new food and the benefits for the whole school community has been very positive.

The trial has given us the opportunity to work with our clients, pupils and parent representatives to refine our dishes and address any initial problems. Thanks to the hard work of our Agents the trial resulted in a few final changes to the menu making it better for everyone, with more pupils choosing the new school meal.

It's also given us the opportunity for our craft chefs to train our catering workforce to deliver the new menu. We've even set up a helpline for our school kitchen teams to ensure they are fully supported during the first Five Foodie Days menu cycle.

We are not stopping here!

Our journey has not yet finished! There is more work to be done to ensure pupils are educated about good food and nutrition. Our Public Health Nutritionist and Marketing Manager is working in partnership with schools to create new and engaging programmes for our catering services that link with the curriculum. Watch this space!



"It's all gone down really well, it looks and tastes great"
Teaching staff



Useful information for parents and carers

To check if your child(ren) is eligible for free school meals in England go to www.gov.uk/apply-free-school-meals. To apply for your entitlement please visit your local authority's website to find out how.

Did you know if your child(ren) is eligible for free school meals, they'll remain eligible until 31st March 2022? If your child(ren) is eligible for free school meals, your school will also be entitled to claim additional money from the government (this is called Pupil Premium) to help boost pupils' learning outcomes. That's why it's important to tell your school if you are entitled to free school meals even if your child(ren) eats a packed lunch.

If your child(ren) is entitled to a free school meal and you wish to know more about our food offer, or if your child(ren) eats a home-produced packed lunch and you would like a free trial of our new menu, please talk to your school kitchen staff.





THANK YOU

We hope your child(ren) enjoys our
new menu!



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