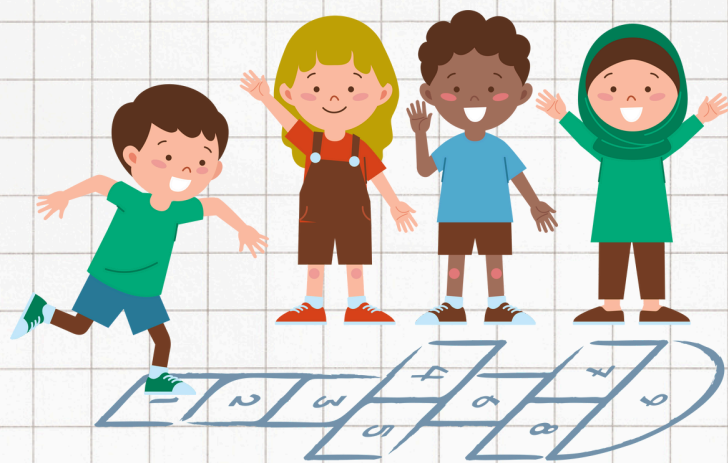
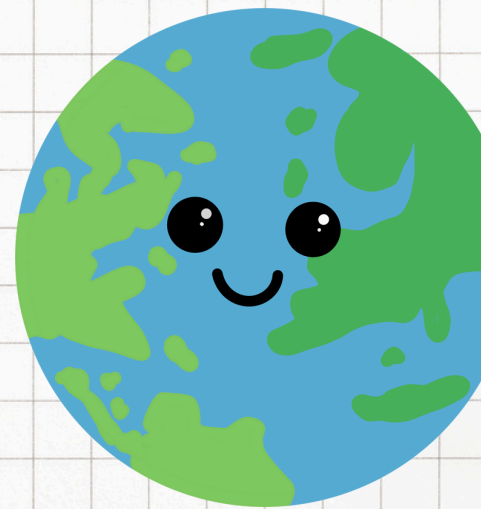


Public Health Projects 2025

At Caterlink we understand the importance of the role that we play in ensuring children have access to nutritious foods during the school day. We believe that it is not only our responsibility to provide menus that meet the School Food Standards, but also to focus on wider public health projects that link in with national and local initiatives.

An important part of eating a healthy, balanced diet is incorporating a wide variety of different foods. This includes plant-based foods which have the nutritional benefit of higher fibre and lower saturated fat content, but also aligns with our sustainability goals and our efforts to reduce our carbon footprint.



Our Caterlink nutrition team work hard alongside the development chefs to ensure that our recipes and menus provide children with a balanced meal, exposure to a variety of foods and a sustainable menu offer.

This document will detail a number of our current projects that focus on children's health and provide updates on the latest data and research.

Food For Life Served Here Award

Food for Life, which was created by the Soil Association, started in 2003 with the aim to make healthy, tasty and sustainable meals the norm for all to enjoy, whilst reconnecting people with where their food comes from, teaching them how food is grown and cooked, and championing the importance of well-sourced ingredients.

Food For Life work in partnership with the Royal Society for Public Health, Focus on Food, Garden Organic and the Health Education Trust!

In 2009 Food for Life started an award accreditation programme called Food for Life Served Here



The Food For Life Served Here award ensures:

- Food served is fresh
- Healthy eating is made easy
- The food we buy is sustainable and ethical
- Local farmers & food producers are supported

Find out more about Food For Life [here](#)

SILVER

Everyone eating a Caterlink primary school lunch can be sure that they are eating from a menu that meets the Food For Life Served Here Silver standard, at a minimum.



Caterlink being awarded FFLSH across all primary schools

2009

Caterlink were the **first contract caterer** to achieve the award and have achieved the award every year since!



2025

We then became the **first contract caterer** to achieve full certification for all our primary schools across the UK!

caterlink
feeding the imagination

Plant Points - Background Information

What are 'Plant Points'?

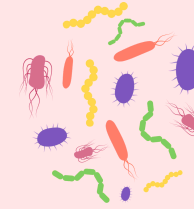
'Plant Points' are a way of counting plant-based foods (eg. vegetables, fruit, beans and pulses) to encourage us to consume greater variety throughout the week.

The goal? 30 different plant foods each week!

Why Plant Points?



Scientists have proven that people who eat a more diverse diet consisting of 30 different plants per week were healthier and more energised than people who eat less than 10 plants.



Eating over 30 varieties of plants per week supports a healthier and more diverse gut microbiome, linked to improved digestion and overall health.

How to Count Plant Points?

When added up for the week, this will give your score:



Plant Points Project 2025



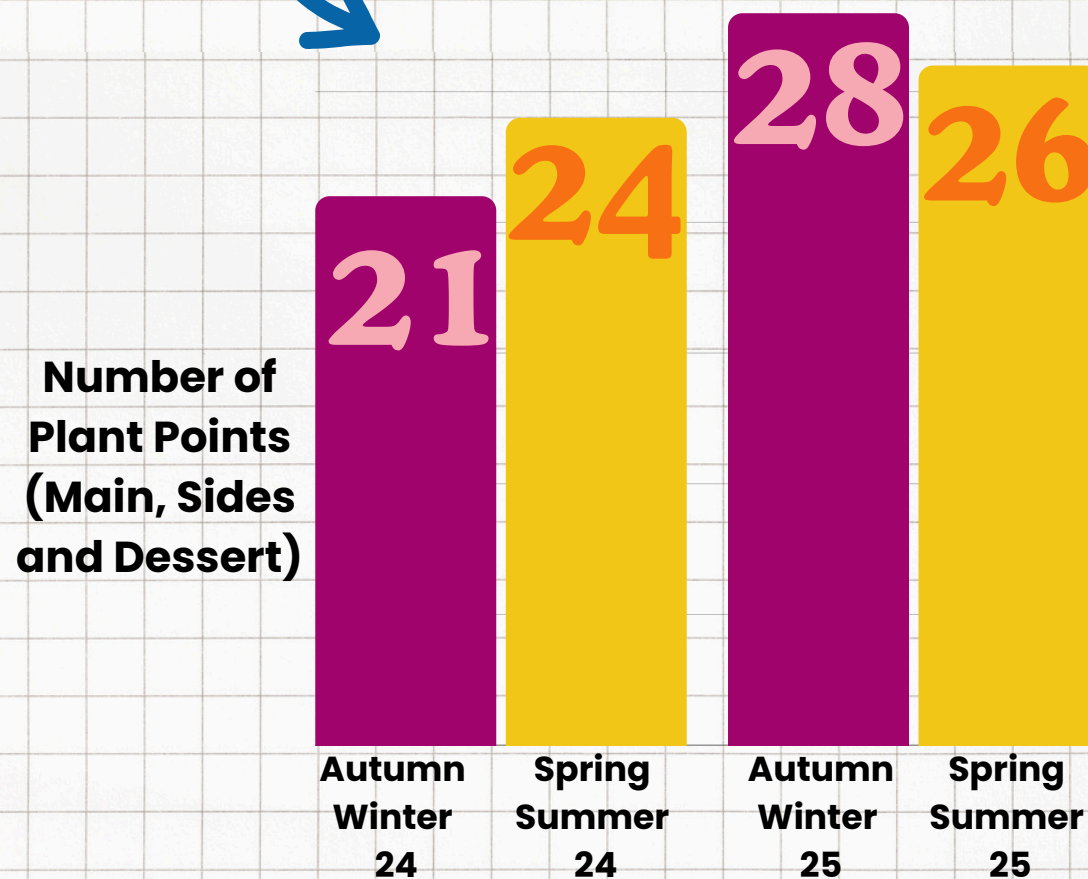
The Stats

Caterlink school meals are often made from scratch in the kitchen, using a variety of vegetables, plant proteins, herbs and spices.

By having a Caterlink school meal, 5 times a week you can **reach the plant points** shown below, out of the target of 30 a week (and that's just lunch!)

Our 'Plant Point Heroes'!

Our team of nutritionists have worked out how many plant points are in a portion of the dishes on our menus. On the Autumn and Summer menus we have used these calculations to identify our **Plant Point Heroes** - dishes packed with lots of vegetables, plant proteins, herbs and spices, contributing lots of plant points to that week!



Our 2025 menus contained more Plant Points compared to our 2024 menus

Look out for our Plant Hero logo on our information menus!

Autumn Winter 2024/25 Plant Point Hero

Chinese Vegetable Curry!



14.75
Plant points

Includes:
Black turtle beans, 9 different vegetables and 13 spices

Spring Summer 2025 Plant Point Hero

Spicy Bean Burger!



11.5
Plant points

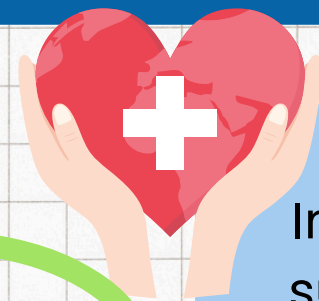
Includes:
5 types of beans, 4 vegetables, 4 spices and stock

Fibre Background Information

A Focus on Fibre – What are the health benefits?

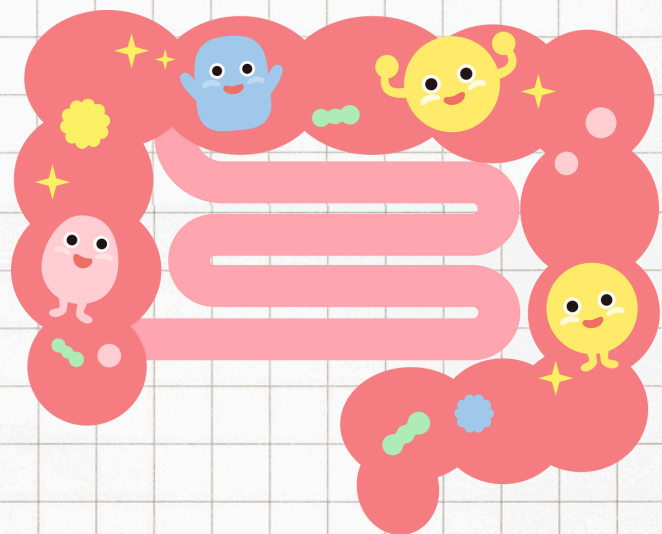
IMPORTANT!

Fibre is **essential** for our gut health and increases the good bacteria (microbiota) that supports digestion.



Increased **good bacteria** supports your health and fibre keeps you feeling fuller for longer.

It helps to regulate blood sugar – lowers risk of heart disease, type 2 diabetes and keeps your digestive system healthy.



Dietary fibre found in plant-based foods is able to reach the large intestine and feed all the good bacteria that provides **health benefits**.

Which Foods Contribute to Fibre?



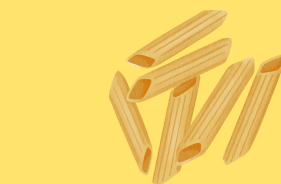
Oats

Lentils



Fruit & Veg

Nuts & Seeds



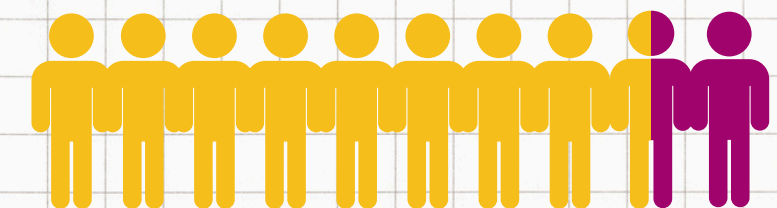
Wholemeal carbohydrates e.g. pasta

How much fibre for Children?

Primary school children should aim for 20g of fibre per day. Of this, an average school lunch should provide around 6.7g of fibre.

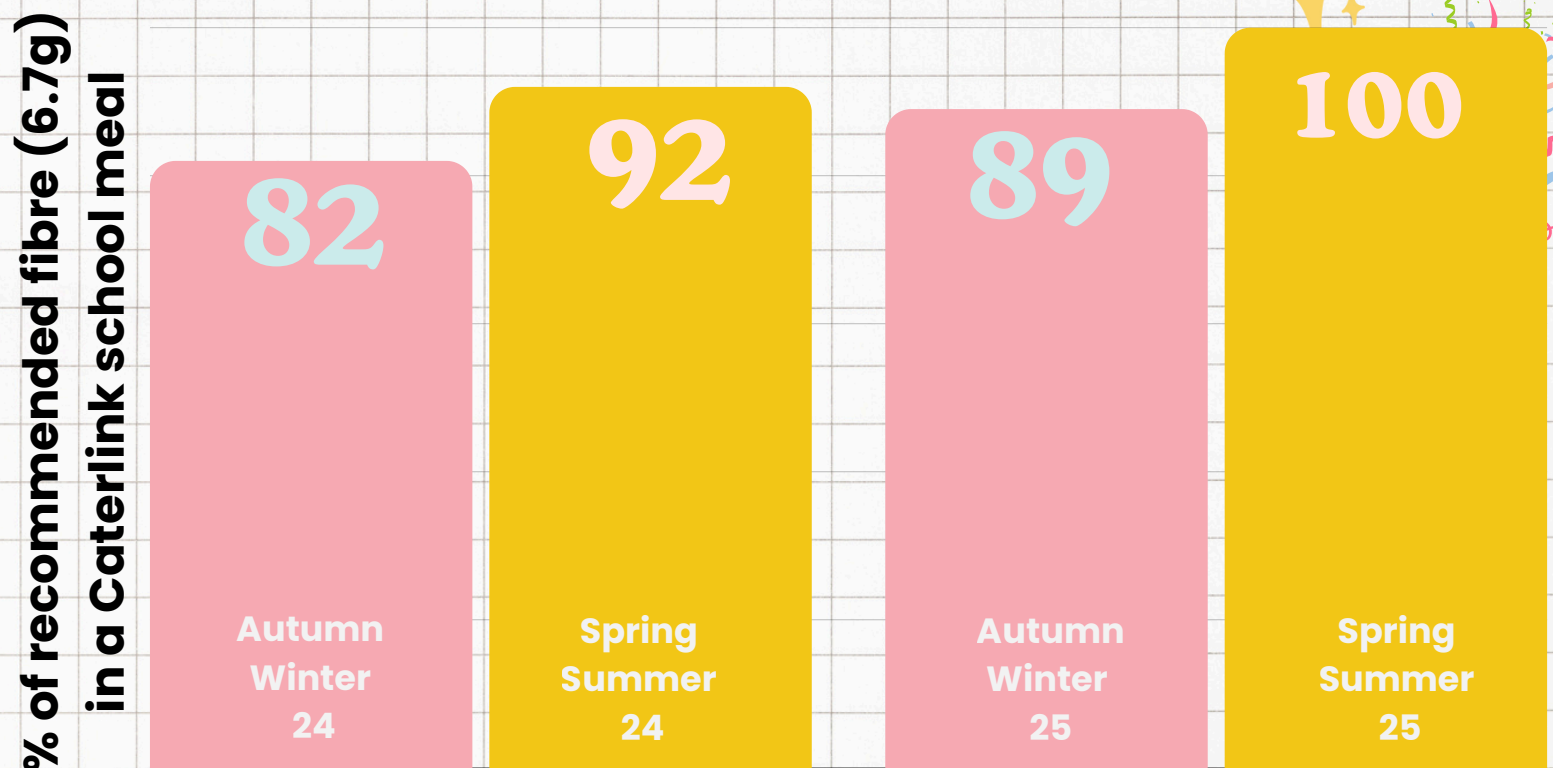
86%

of children do not meet recommended fibre intake!



Look out for our wholegrain logo on our menus!

Fibre Project 2025



In the most recent menu, children were offered up to

100%

of their school lunch fibre goal!



Four ways Caterlink increase fibre in school lunches...



Using Oats in our desserts, such as crumble toppings, flapjacks and oatly cookies

Our apple crumble has 1.79g fibre per portion!

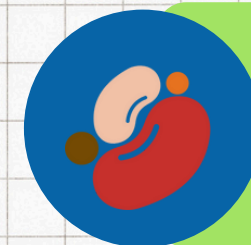


Using 50/50 brown and white rice to serve with dishes like curry and chillies



Using 50/50 wholemeal flour for our pizza base

Our pizzas have 3g fibre per portion!



Adding beans and pulses to meat dishes (our Added Plant Protein range)

Our 'Fibre Heroes'!

See below some of our spotlight meals that are high in fibre and feature on our menus!

Chickpea & Coconut Curry



4.7g fibre

Tomato & Vegetable Pasta



4.5g fibre

Sugar Reduction Project

Nine Year Update

Since September 2016 Caterlink have ensured that school lunches not only meet the government recommendations for free sugars, but are actually much lower! In the last school year school lunches contained just 3.8g of free sugar on average!

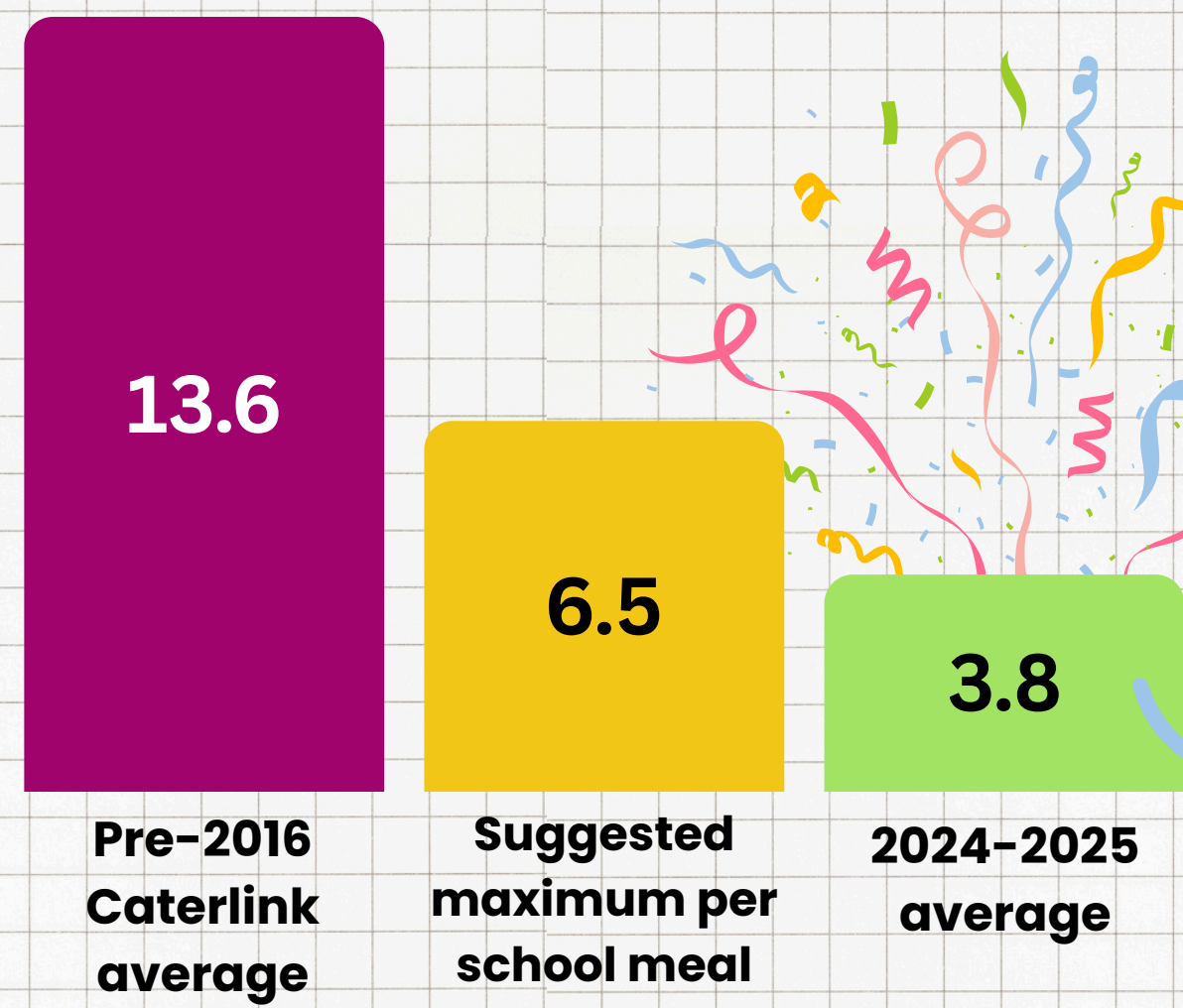
Last term five out of the fifteen desserts offered contained NO sugar!



Since the start of the project we have removed **2.1 million kilograms of sugar** from children's meals!
That's the same weight as **3,500** brown bears!

This reduction is through:

- Reformulating recipes and removing high sugar ingredients
- Flavouring our own yoghurt on site
- Using fruit to sweeten desserts



42% lower than the government recommendations!!