

# AUTUMN NEWSLETTER

FOR THE START OF THE 2018 ACADEMIC YEAR WE ARE DELIGHTED TO INTRODUCE OUR BRAND NEW MARKETING CAMPAIGN

## GOOD FOOD WORKS



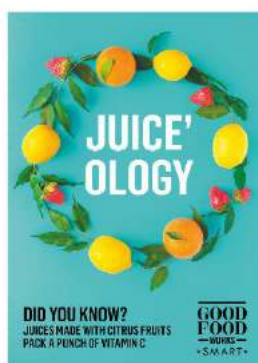
## NOTES FROM

AMANDA URSELL  
NUTRITIONIST

Most of our vitamin D comes from a clever process, which takes place in our skin where the action of the sun's rays trigger the conversion of an inactive form of vitamin D into an active version. The problem in the UK is that rays are only strong enough to perform this task between April and September.

This explains official advice from the Department of Health for children\* and adults to top up, by supplementing with 10 micrograms of vitamin D every day between October and March. A lack of vitamin D over time can lead to extreme tiredness; the last thing children or adults need when trying to make it through hectic days.

Vitamin D also helps us to absorb calcium from foods like milk, yoghurts, cheese and broccoli, used to build and maintain strong bones and teeth and to help keep muscles healthy. Oily fish like salmon and mackerel, eggs and fortified breakfast cereals do provide some vitamin D and are well worth building into diets to help boost intakes, whatever the time of the year.



**GOOD FOOD WORKS** introduces interactive food based events into your school every week to highlight to your pupils the importance of making good food choices.

Presenting well known foods in new and unusual ways creates interest and intrigue and encourages pupils to try something they may have preconceived ideas about or even simply to understand how that food can be incorporated into their diet on a regular basis in ways they may not have previously considered.

We're looking forward to seeing these events come to life in your schools and hearing your feedback.



## RECIPE

RECIPE RICH IN VITAMIN D FROM THE  
FOOD DEVELOPMENT TEAM

**SPROUTING BROCCOLI,  
EDAMAME BEAN WITH PEARL  
BARLEY & COCONUT**



### INGREDIENTS

800g x Purple Sprouting Broccoli, Trimmed, Sliced, Blanched & Refreshed  
4 x Broccoli, Trimmed, Sliced, Blanched & Refreshed  
½ box Green Beans, Tail Off, Blanched & Refreshed  
2 x pkt Edamame Beans, Defrosted  
200g Pearl Barley-Cooked  
200ml x Pomace Olive Oil  
4 x Onion Finely Sliced  
4tbsp x Black Mustard Seeds  
30g x Fresh Curry Leaves  
50g x Dried Chillies  
4 x Lime Zest & Juice  
1 x Coriander Washed & Roughly Chopped  
½ Fresh Shaved Coconut Lightly Toasted  
100ml Ketjap Manis

### METHOD

Thoroughly drain all the refreshed vegetables, add the cooked pearl barley & place in a clean bowl or tray sprinkle with salt & set a side. Light fry off the onions in a pan until soft & add the mustard seeds until they start to pop, add the chili & lime. Continue to cook for a few minutes, add the ketjap manis & pour over the vegetables.

Light toss together ensuring all the vegetables are coated. Allow to cool, adjust seasoning and serve.

Contains: sulphates, soya, gluten (wheat)  
Allergens, although stated are to be used as a guide and packaging must be checked.

## MESSAGE FROM THE KITCHEN

Since we became the new caterers for St. Dominic's in September, the children and staff have been trying out our new menus and dishes and enjoying our special Good Food Works events.

GOOD FOOD WORKS is our series of interactive engagement events designed to highlight to pupils the importance good food and good food choices can play in our lives. GOOD FOOD WORKS allows our pupils to become involved in a multi-sensory experience that encourages them to choose GOOD foods that they can see, smell, taste and feel in completely new ways whilst understanding the benefits to them and their future