

# KITCHEN DIARIES

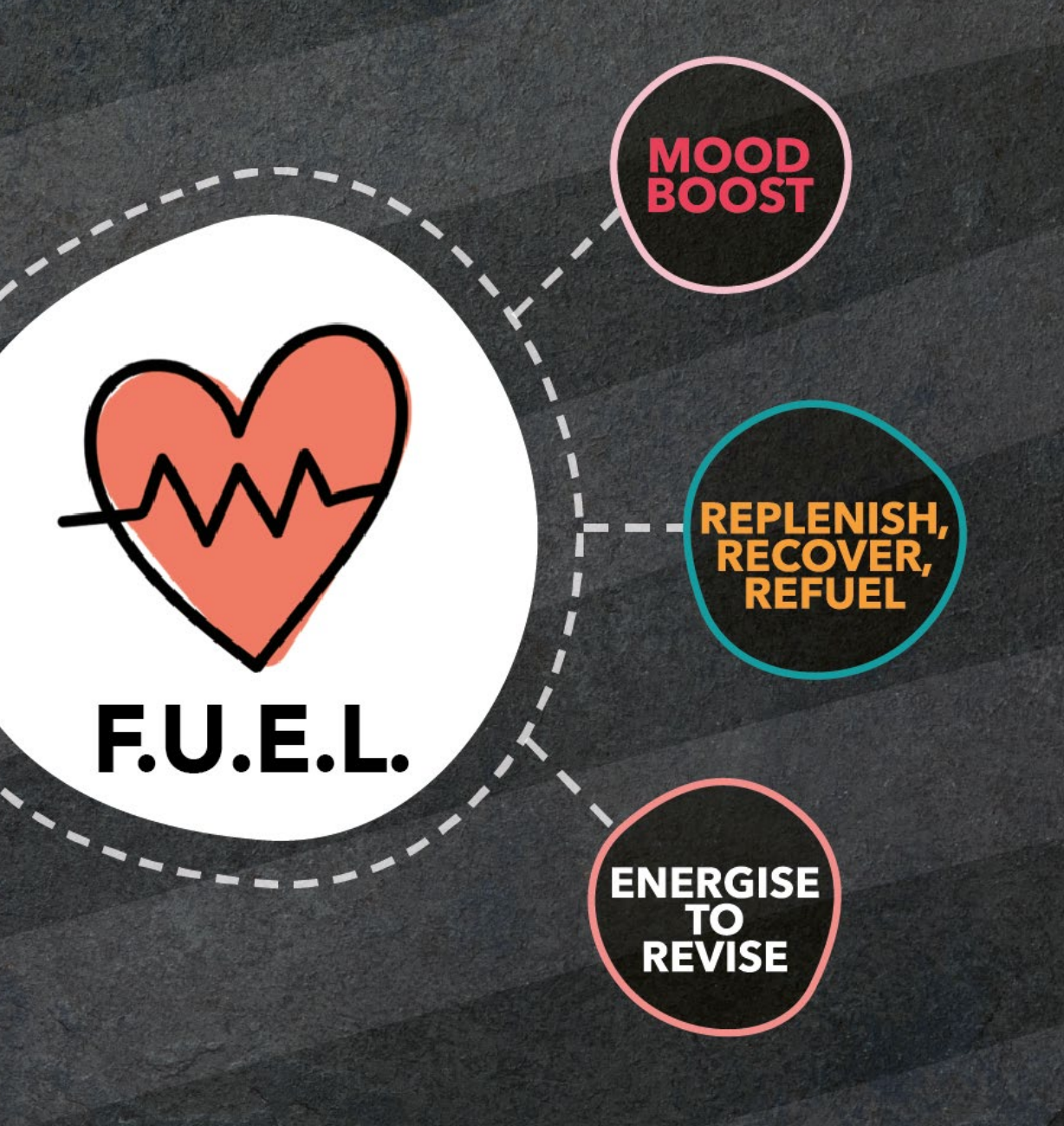
FROM CHARTWELLS INDEPENDENT

Welcome to the inaugural foodie newsletter from your kitchen team.

We look forward to serving up a slice of good food news every term – the latest culinary concepts, epicurean adventures, and pop-ups as well as insightful nutritional tips to nourish mind, body and soul.

## PASSION FOR NUTRITION

We know that there’s more to catering than serving nutritious meals packed full of the highest quality ingredients. It’s also critical that we empower pupils with the knowledge and confidence needed to establish healthy food habits that will look after their wellbeing long after their time at school comes to an end.



## WHAT IS F.U.E.L?

Fuelling Unique Everyday Lives – and every month we focus on a different nutritional theme supported by unique dishes and tips. The F.U.E.L. theme for April and May is Energise to Revise and Mood Boost, helping students to choose specific dishes on the menu which are not only delicious but will nourish both their minds and bodies.

## SUSTAINABILITY

At the heart of Chartwells Independent is our passion and commitment to reach net zero by 2030. One way we will look to achieve this is by addressing the complex issue of food waste and finding solutions to reduce this by 50% in our schools over the next seven years.



Wednesday April 26th is Stop Food Waste Day when we will be demonstrating how to minimise food waste by serving a hero, zero-waste recipe – Cauliflower Macaroni Cheese.



## THE ULTIMATE CULINARY SURVIVAL GUIDE

With your teenager imminently departing for university, you’ll want to know they have everything they need to navigate student life successfully. Introducing ‘Beyond Beans’ – our easy-to-follow guide containing four simple, classic recipes that are super easy to cook. Once mastered, these recipes will create confident cooks and unlock many delicious recipes! Is there life beyond baked beans? Absolutely.

