

Focus on Nutrition

“What young people eat affects their health and their ability to learn and perform in the classroom, so feeding them balanced meals and showing them how to make healthy food choices is tremendously important.”

—Dr Juliet Gray, Company Nutritionist

Harrison Catering Services is dedicated to ensuring that our meals meet school food standards and that your children have an enjoyable dining experience.

As a caterer, we understand that we are in a unique position to help our young customers make healthier food choices that can positively influence their health and well-being. This starts with all Harrison staff receiving training in how to prepare and serve healthier food through the company’s bespoke Eat Well Live Well® training programme, developed by Dr Gray with the help of Sara Stanner of The British Nutrition Foundation.

Our skilled catering staff work with fresh ingredients of the highest quality, which are British-sourced wherever possible. For example, all our chicken comes from the UK, and every egg we use is free range and UK sourced. Our focus on using quality, fresh ingredients has enabled us to achieve Bronze, Silver and Gold Catering Marks from Food for Life across our business, providing independent confirmation of our high standards.

We work closely with school councils to develop varied menus that satisfy local tastes and preferences—providing your school with a bespoke menu of dishes that young people want to eat. Theme days throughout the year—ranging from barbecue days to celebrations of cuisines from around the globe—keep lunchtime fun and interesting.

We also work to educate young people about ingredients and healthier eating.

- We offer workshops on healthier cooking skills that teach students basic cookery skills and how dishes can be made more nutritious through ingredient selection. Tips on how to make meals more filling and stretch one’s budget are included throughout and store cupboard essentials are also discussed. These workshops are particularly valuable for students in their final year of secondary education who may soon be living away from family and have to cook for themselves.
- We run a monthly ingredient promotion focusing on a particular dish, which is featured on our menu, and we provide recipe cards that include helpful nutrition tips to enable students to make the dish at home.

In addition, we work closely with schools to provide relevant curriculum support, whether it be cooking workshops that give practical, hands-on experience for design and technology classes or producing menus that reflect the languages and cultures being studied in class. We have also been able to offer bespoke work experience opportunities across several of our schools.

All of this means that you can be confident that the young people at your school are sitting down to a delicious and nutritious meal at lunchtime.