

EAT WELL, LIVE WELL with The Brights



Autograph, your school meal provider, are excited to launch our new 'Eat Well Live Well' bulletin. Providing fun and interesting facts and ideas about food, nutrition and health. We hope that you enjoy it!

Delicious and Healthy School Meals

A healthy, balanced meal at lunchtime is essential to provide children with the nutrients and energy they need to concentrate and learn at school.

Our Nutritionists and Chefs work together to make sure that your school menu includes;



- 🍎 high quality fresh ingredients which support British farming
- 🍎 a colourful variety of fresh and seasonal fruits and vegetables
- 🍎 a range of different starchy foods, protein and dairy options across the week
- 🍎 healthier homemade desserts made with fruits, vegetables, wholemeal flour and reduced sugar

It can be a real challenge to provide healthy packed lunches. A recent study found that only 1.6% of packed lunches met the same standards as school meals and less than 1/5 of lunchboxes contain any vegetables or salad. We love to celebrate our school meals and hope that you do too!



National School Meals Week
13th - 17th November

- 👉 National School Meals Week is a time to celebrate school meals!
- 👉 Please contact your school to see what is on the menu!

Try this at home...

Seasonal Honey Roasted Root Vegetables

In Autumn, root vegetables such as parsnips, carrots and beetroot are in season. A great way to include root vegetables in the diet is to roast them - to bring out their natural sweetness.

Ingredients

- 🥕 Vegetable Oil - 1 tbsp.
- 🥕 Honey - 1tbsp.
- 🥕 Carrots - x 2
- 🥕 Parsnips - x 2
- 🥕 Sweet Potatoes - x 2



Method

1. Preheat oven to 220°C, heat oil
2. Add peeled and chopped root vegetables, cook for 30-40 minutes
3. After 20 minutes, add a drizzle of honey
4. Serve and enjoy!

For more information, you may wish to visit our website

www.autographfood.com