



Food Ambassador Minutes

Date: Tuesday 2nd January 2018

Attendees all welcomed each other to the group:

Oliver and Ava (Y1) Adam and Ella (Y2) Flo and Harry (Y3) Toby and Mia (Y4) Bella and Kyle (Y5) Toby and Kelsie (Y6)



Our aim is to reduce the amount of waste:

During our last Food Ambassador meeting we thought of some ideas that would improve our lunches at school. We asked each class to vote on these ideas so that we could discuss the most popular choices with Mrs Easby. Below are the collated results for the whole school and a comment from Mrs Easby explaining why she would not be able to include some of our ideas on the menu as they are not healthy eating.

1. Would you like to return to the old mashed potato?

66 children said they would like to return to the old style mash. Mrs Easby told us that the old mash was frozen and it was steamed to make it hot for us to eat. The new mash is made using fresh potatoes which are peeled and chopped in the morning at school. This is a much healthier choice.

Mrs Easby would like to know from our class food ambassador meeting:
What was it about the old mash that we preferred?

Please give your responses.

2. Would you like to return to the white pasta that we used to have?

73 children said they would like to return to the white pasta, however Mrs Easby informed us that the new wholewheat pasta includes more fibre and vitamins that are good for our bodies. Wholewheat pasta is a much healthier choice.

3. In the pasta bake would you like the sauce and the pasta to be mixed together?

The majority of children said they would like the pasta and sauce (tuna) to stay mixed together in the pasta bake. Mrs Easby said if you would like the tuna separate, please let her know the day before by adding a post-it note to your class dinner register.

4. We would like to have two Yorkshire puddings on roast dinner day?

108 children voted to include an extra Yorkshire pudding on roast dinner day. In order to achieve a healthy school award called 'Cater Mark' our lunches must have a controlled amount of calories in. Two Yorkshire puddings would mean having more carbohydrates and therefore many more calories on our plate which is very unhealthy.



5. KS2 children would like to have bigger portions?

Although the majority of children voted for KS2 to have larger portions, this will not be possible for the same reason as the Yorkshire puddings. Each meal is carefully planned to make sure our bodies receive a healthy balance of proteins, vegetables and carbohydrates.

6. We would like to have more vegetables in the lasagne?

91 children voted not to have more vegetables in the lasagne. This delicious meal already has healthy vegetables in it.



Coconut rice cookies
for Chinese New Year

7. Would you like to have themed deserts linked to different festivals throughout the year. Eg. Hallowe'en buns, Valentine cakes, Rosh Hashanna – apples dipped in honey, Diwali desert etc?

110 children would like to see themed deserts added to the menu. Mrs Easby explained that this would be possible as long as the puddings are healthy and do not include any additives.

8. We would like to have a bigger variety of deserts on our menu?

The majority of the school voted for more desert choice. Next half term we will have new menu to choose from which will include new deserts.

We gave some suggestions for new deserts that we would like to see on our menu:

Class	Desert
Y1	
Y2	
Y3	
Y4	
Y5	
Y6	

We are going to ask Mrs Easby if it would be possible to include any of these

New Menu choices:

In the meeting the Food Ambassadors looked at the new menu choices for next half term. Please look through the menu as a class and highlight any options that might not be a popular choice. It would be helpful to the kitchen staff to write in a healthy alternative meal.



Something new and exciting!

The new menu will include one starter a week instead of a desert that day. The delicious starters will include, pasta pot one week, vegetable noodle hotpot the following week and fresh bread with dips for the third week of the rota.

The starters are healthier alternatives to deserts and we can't wait to try them!

Fruity Thursdays

The desert option on Roast Dinner day will now be a piece of fruit. We want to make sure that we are not wasting fruit as this does not help our environment. Mrs Easby would like to know how many children would choose fruit on a Thursday or if they would prefer Arctic roll. There will be no yogurt option on this day.

Would you choose fruit or arctic roll on Roast dinner day? (1 vote per child)

Fruit	Arctic roll

Remember to wear your badges every day that you are in school.

Wear them with pride you have worked hard to get them.



Thank you to all the Food Ambassadors. They presented all of your views in a very responsible manner.

Miss Camm and Mrs Wilson

