

radish

IT'S ALL GOOD

Our Food

Whether it is meat, fish or vegetables, Radish buys from sustainably managed sources only. We are committed to use Red Tractor produce which guarantees traceability to the farm, minimum environmental impact and good standards of animal welfare. Our fishmongers provide us with fish sourced from sustainable stocks and traceable sources.

We are proud that our exceptional food and service as well as our ethical approach has been recognised within the catering industry and beyond:

- ✓ Food for Life
- ✓ Red Tractor Farm Assured Food Standards Scheme
- ✓ MSC (Marine Stewardship Council) fish or fish with a Marine Conservation Society Rating of 1-3
- ✓ Sustainable Fish City
- ✓ Fair Trade/Rainforest Alliance

We source from local suppliers that are never more than 35 miles away and create menus that are pleasurable and are a healthy part of daily life. We actively work with suppliers whose values reflect our own, not simply for ethical reasons, but because it's a sensible approach to sourcing honest local produce at the best price.

Happy to be Different

Radish delivers a refreshing, new approach to school catering. At our heart is a food and service ethos that has special appeal to customer interest and brings a new dimension to the student experience.

How do we achieve the Food for Life Catering Mark?

Our menus meet and often exceed the current government food based standards for school lunches:

- ✓ Our menus greatly exceed the government standard of 75% freshly prepared on site
- ✓ We source our meat, fruit and vegetables from local suppliers
- ✓ We source our meat from farms with higher animal welfare standards
- ✓ We only use Free Range Eggs
- ✓ We only use MSC Certified Fish
- ✓ We always select ingredients which are free from harmful additives which have been linked to behavioural and concentration problems in children
- ✓ We do not use any GM (Genetically-Modified) containing products



School lunches .v. packed lunches

- ✓ School lunches are nutritionally balanced and exceed Government health guidelines set for primary school children.
- ✓ School lunches contain minimal salt, sugar and saturated fat.
- ✓ Our Nutritionist compared two typical packed lunches to a Radish school lunch and found the following:

A A shop bought sandwich, drinks pouch and packet of crisps has very high fat content and over three times the recommended salt.

B A homemade ham sandwich, banana, yogurt coated fruit and drinks pouch has almost the maximum saturated fat and five times the sugar than a school lunch and over two and a half times the recommended salt.

We use minimal sugar in our menus and whenever possible we add fruit for a natural source of sugar.



www.radishallgood.com