



### INTERACTIVE THEME DAYS

From doing various twists on one dish e.g., running a battle of the Pies Day (including savoury and sweet, shortcrust or puff, classic or dairy-free, veggie or meat), to taking a tour around different countries and cultures such as: Sri Lankan, Cuban, Mexican or Thai.

## INSPIRATION FOR SECONDARY SCHOOLS

*Getting pupils through the door...*



### SENSIBLE, WHOLESOME AND HEALTHY FOOD

Inspired by rising costs and environmental factors, meal trends are reverting to cheaper, simpler, staple foods. Think porridge with various toppings, sandwiches, pies, mash and pastas. Hearty and comforting, whilst utilising cheaper, seasonal ingredients.



### GETTING CRAFTY IN THE KITCHEN

Cost-cutting and reducing food waste goes hand-in-hand: current trends are emphasising getting frugal and crafty in the kitchen! Experiment with loving your leftovers and utilising your freezer. Turn leftover fruit into smoothies or dry them in the oven to make handy break-time snacks, buy frozen veg to cut down on waste and whip up a veggie curry with leftovers from a roast dinner.

### LET YOUR STUDENTS VOTE!

Feedback is key to finding out what your audience really enjoys and what they would like to try in the future. Experiment with making theme days interactive by giving students a way to vote on upcoming themes







---

**VEGANUARY OFFERS THE PERFECT OPPORTUNITY FOR UNIVERSITIES, COLLEGES AND SCHOOLS TO PROMOTE MORE PLANT-BASED MEALS, BUT MANY OPERATORS STRUGGLE TO EXPAND THEIR MENUS. IN A BID TO CHANGE THIS AND MAKE 2023 AN EVEN BIGGER SUCCESS, DR TONI VERNELLI FROM VEGANUARY, THE CHARITY THAT RUNS THE CAMPAIGN RECOMMENDS AS MANY STAFF AS POSSIBLE TAKE PART IN THE VEGANUARY WORKPLACE CHALLENGE, WHERE STAFF CHALLENGE THEMSELVES TO EAT A VEGAN DIET FOR THE MONTH OF JANUARY.**

“By signing up, senior management can lead by example,” she says. “The more team members who participate, the more reason there is for the catering department to introduce more plant-based options and promotions.”

There are many well-known benefits of a plant-based diet, cost saving being one of them, and in the current climate, Veganuary couldn't come at a better time. “A University of Oxford study in 2021 found that vegan diets reduced food costs by up to one third. Vegetarian diets were a close second and flexitarian diets with low amounts of meat and dairy reduced costs by 14%. Another advantage is that vegan food is suitable for all religious groups as it is by default kosher and halal,” says Toni.

If your school is yet to introduce plant-based cuisine, start with vegan versions of popular dishes such as lasagne, Spaghetti Bolognese, chilli, tacos, pizzas and curries. Toni says “These can easily be adapted by using plant-based milks, cream and cheese as well as the wide range of meat-free minces, sauces and chick'n pieces now available.”

To encourage take up of plantbased options, it's important to position meals in the right way and make meal names and descriptions appealing. Jimmy Pierson, Director at ProVeg says “Many schools make the mistake of providing a plant-based option next to a meat-based dish. Instead, try a Sri Lankan Sweet Potato or a Coconut Curry, so students have two completely different dishes to choose from. It's vital plant-based options are framed in a way that is enticing. ‘Veggie sausages and mash’ isn't as appetising as ‘planet-friendly sausages with creamy mashed potatoes.’”

Toni suggests listing vegan options in the same menu sections as the non-vegan dishes rather than in a separate section or even worse, in an entirely separate menu. “A simple green ‘v’” next to the vegan dishes and a key to let customers know what it means is enough,” she says.

To be successful, it is crucial to engage everyone in the plantbased process – staff, children and parents. ProVeg runs workshops to help schools overcome any concerns. “Once catering staff realise how easy it is to make plant-based dishes and they taste good, you can get others on board. Get students involved by letting them taste new recipes before they go on the menus. Tasting sessions are a great idea - you'll receive invaluable feedback,” says Jimmy.

*Stir It Up - 'A Whole School Approach to Veganuary' 2022*







## A FLEXITARIAN FUTURE

### THE POWER OF PLANTS TO CREATE MORE SUSTAINABLE MEALS

When crafting more eco-friendly dishes, one of the easiest ways is to use less or no meat. Today, more people than ever are opting for a Flexitarian diet, which is less strict than going vegetarian or vegan but still emphasises eating a greater variety of plant-based foods. To serve up a selection of tasty and healthy meals that your students will love, for a stress-free and meat-free menu!

*Have you thought about oat-based milk or pea protein goujons? Scan below for our full range of delicious alternatives, carefully selected for you!*



### SUPPORTING LOCAL AND SUSTAINABLE

We're proud to stock a large range of products that are produced locally within East Anglia and from across the East of England. Reducing food miles continues to be an important food trend as does opting for soft drinks in glass bottles. Glass continues to be easy to recycle and less energy is used to create virgin glass than virgin aluminium, with plastic bottles definitely on the way out.

# HIGHER EDUCATION

*solutions & trends*



### SUSTAINABLE PACKAGING FOR FOOD-TO-GO

We know how important it is to have proper, robust and compostable vegware when catering for an eco-conscious consumer, and students on the move. Check out our extensive product range and cost-effective sustainable packaging options - to make sure you're putting your food into the good stuff!

**Food for thought...**  
Eco-conscious students value modern solutions

