

slices
School Food Experts



SCHOOL FOOD PROGRAMME

Information for parents and caregivers on the nutrition behind the meals that we provide and the nutrition education programme offered alongside the meals.

Who are we?

We are a team who are passionate about creating healthy eating habits in the next generation through our school food programme. With the current childhood obesity epidemic, it is crucial for all of us to step in to give our children a healthy start. Children need to eat well because what they eat today will shape how they eat for the rest of their lives. Too many children are not getting enough of the right foods that keep them healthy. When children eat better, they will do better at school and they will be in better shape to reach their full potential.

Our job is to provide your child not only with healthy nutritionally balanced meals, but also a full nutrition education programme to instill good 'foodie' habits that will form a solid foundation as they grow up.

Why should you choose Slices meals for your child?

Slices school meals are all about encouraging your child to eat lots of different foods. They are also a great way for children to improve their eating habits and learn about the social side of eating with their friends. The menu has been carefully developed by our Executive Chef and Nutritionist to ensure that all children will be satisfied when they leave the dining room everyday.

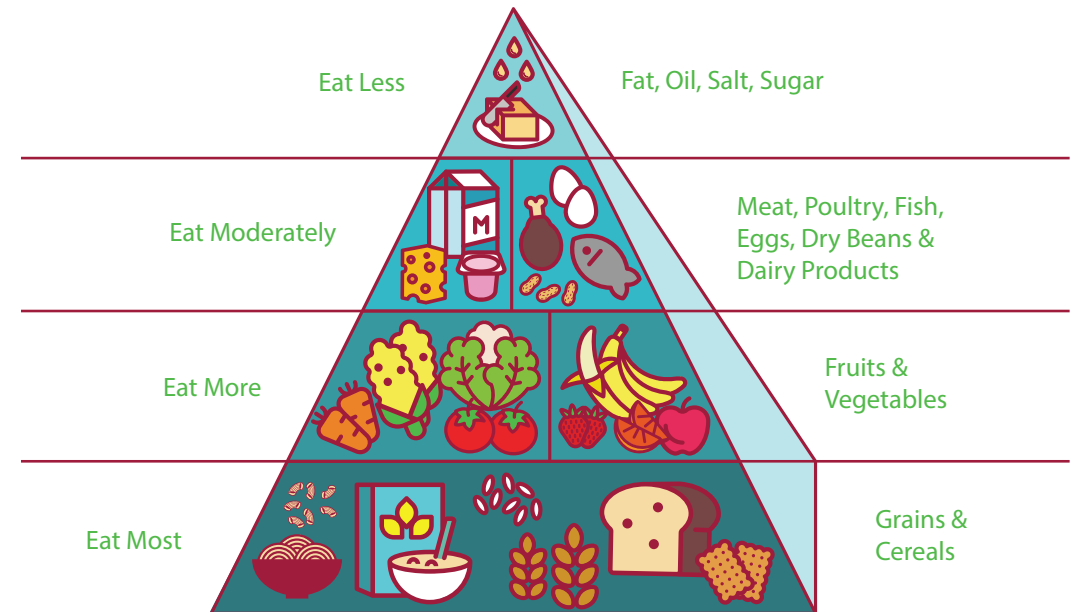


How do we ensure that Slices meals are healthy and balanced?

We have developed the Slices Nutrition Standards to comply with the UAE School Food Guidelines. Our standards adopt international best practices and reflect lessons learned from countries such as the United States, United Kingdom, Finland, Sweden and the World Health Organization.

Meeting these standards means that the food offered by Slices will be:

- Healthy, Balanced and Nutritious
- Provide children with the energy and nutrients they need to do well at school
- Help children to develop healthy eating habits



The Slices Nutrition Standards

1 We make the following promises about our food:

- Slices meals are tasty, healthy and nutritious.
- We always use fresh ingredients in our recipes
- There is a short time from cooking to serving in order to preserve the taste and nutrients.
- We use locally produced foods.

2 We ensure high food safety measures in our kitchens that comply with UAE Food Authorities.

3 The Slices Menu:

- A tasty, varied four-week menu has been developed by our Executive Chef in collaboration with our Nutritionist. All meals have been analyzed to ensure nutritional needs are met for different age groups.
- The menu caters for a wide variety of different cultural backgrounds.
- The main menu consists of a soup, salad, meat or vegetarian option, starch, vegetables, fruit, a portion controlled dessert, as well as milk, laban or water.
- A fruit based dessert will be offered everyday.
- Gluten free options are available for students.
- We have a 'No Nut' policy (including almonds, peanuts and sesame seeds)



4 Every Slices Meal is a Healthy Balanced Meal

We encourage students to eat a balanced meal during lunch time and promote the use of the 'Eatwell Plate' from the UK Government as an illustration. Children and/or teenagers have significantly increased energy and nutrient needs. When students eat a healthy and balanced meal, they will be able to meet their energy and calorie needs more efficiently, rather than fueling themselves with empty calorie foods. Slices staff are trained to serve the correct portion size for different age groups. Students are encouraged by staff to choose and eat at least 3 of the 5 food groups to ensure that they are eating a balanced meal.

5 Slices Behaviors:

- We believe in a pleasant and nice environment for students and ensure that our staff are friendly and helpful when serving students
- We encourage teachers and staff to eat with the students and to act as role models during lunchtime
- Slices school meals are part of a holistic experience and it's not just about food and eating. That's why we offer our educational school food programme to help students to love and enjoy food
- The Slices staff are all knowledgeable and trained on a regular basis. We thrive on feedback, therefore appreciate suggestions and comments all the time



What can parents and caregivers do to help children and teens make healthy choices?

Parents play an important role in making healthy choices. Below are a few tips that you could try to implement at home. Together we can lay foundations in order for our children/teens to make informed decisions when not at home.



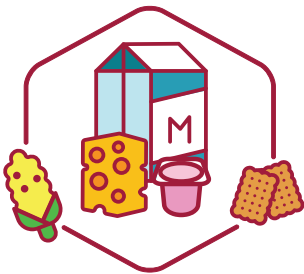
Be role models by eating healthy and being active



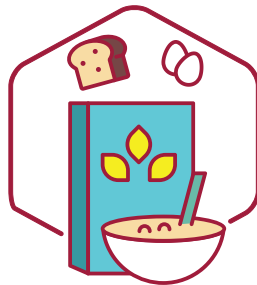
Involve your children in grocery shopping, cooking and preparation



Talk to your children about making healthy choices



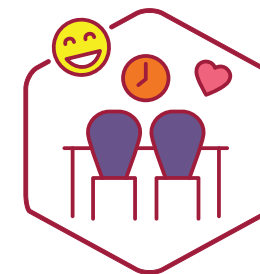
Offer a variety of healthy foods at home



Encourage your children to have a healthy breakfast



Familiarize your children with the Slices menu the week or day before so that they know what to expect when they reach the dining room



Eat together as a family as many times a week as possible and make mealtimes an enjoyable experience



A positive attitude towards food should be encouraged. Children should enjoy their food. It is important to communicate the message that all foods have a place in a balanced diet. Foods should not be labelled as 'good'/'bad' or be used as a reward

What else does Slices offer?

Alongside the School Food Programme offered by Slices, we also offer the following educational experiences to schools:



EDUCATIONAL SEMINARS

Through our series of educational seminars, we aim to educate parents and children on the importance of a healthy lifestyle.



FARM VISITS

In the time and age that we live in, we believe that most children don't know where fruit, vegetables, meat, poultry and fish come from. The most obvious answer would be 'The supermarket'. Getting children outside and letting them experience a working farm will reconnect them with where food comes from and inspire organic food choices.



SUPERMARKET TOURS

A big part of getting children to love food is to take them food shopping, to experience the variety of food available and also the vast amount of colors. Our supermarket tours will focus on developing the knowledge and skills to motivate children to make healthy food choices.

(More information on the above can be obtained on request)

To register your child/children or if you have any Feedback, Comments or Questions, please contact us at: feedback@slices.ae

WHAT DO OUR CURRENT CUSTOMERS THINK OF SLICES LUNCHES?

I love the menu choices, the variety, the focus on healthy options and knowing that my son is getting a hot meal during the day.

Parent,
Repton School

Have you ever heard your children's generous praise about the incredible soup they had at school? This is what I heard from my 8 year old daughter just a few weeks after Slices took care of the meals at Lycée Louis Massignon. Being a mother of 3 I can tell that this is something rare and pleasant to hear! I really feel that our kid's nutrition is in good hands.

Parent,
Lycée Louis Massignon

The best thing about the school meals at Cranleigh are the fact that children are eating together and trying new foods that they would not normally eat at home.

Parent,
Cranleigh