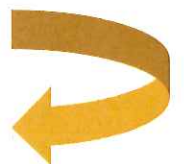




Soil Association
FOOD FOR LIFE

GOLD CATERING

- ★ *At least 75% of food on Catering Mark menus is freshly prepared from scratch on site or in a local kitchen.*
- ★ *All meat on Catering Mark menus is from animals reared on farms that meet UK legal welfare standards as a minimum.*
- ★ *All eggs on Catering Mark menus come from free range hens.*
- ★ *Food served on Catering Mark menus is free from additives like aspartame, artificial trans fats, undesirable additives, artificial sweeteners and controversial food colours. Other ingredients banned include GM and MSG products.*
- ★ *Seasonal ingredients are used on Catering Mark menus.*
- ★ *Catering staff are trained in fresh food preparation.*
- ★ *The Gold Catering Mark recognises that we serve a range of ethically and more sustainably sourced ingredients, including at least 5% free range meat and at least 15% organic ingredients.*



- ★ Overall plant, insect and bird life is 50% more abundant on organic farms, and there are 30% more species.
- ★ Silver and Gold mark holders are encouraged and rewarded to use ingredients that are grown in the UK, and even more so for using ingredients grown by farmers in the region where the food is.
- ★ The Catering Mark is building the market for farmers who are producing meat from farms certified to RSPCA Freedom Food and organic standards.
- ★ At Silver and Gold, caterers are recognised for using organic milk, which has proven nutritional benefits such as high tiers of Omega-3 essential fatty acid.
- ★ Silver and Gold Mark holders support sustainable fishing practices, by sourcing Marine Stewardship Council certified fish or using fish from the Marine Conservation Society's 'fish to eat' list.
- ★ For every £1 invested in Silver and Gold Catering Mark menus, there is a local social return on investment of over £3, mostly in the form of more jobs and opportunities for local food producers.
- ★ Food for Life Catering Mark Gold menus have up to 47% lower climate impact than standard school menus. (Manchester University, 2010).



**CATERING WITH THE
RIGHT INGREDIENTS**