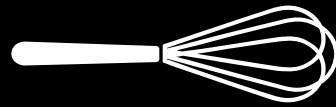


# Pymble

Iron



# agenda.

- Chartwells menu
- Teen requirements
- Feedback
- Iron
- Questions

# menu structure.

## **New menu each term**

- Term 1: Summer menu
- Term 2: Autumn menu
- Term 3: Winter menu
- Term 4: Spring menu

## **4 week cycle**

- Cycle repeats

## **Variety**

- No main meals repeat within cycle

## **Seasonal**



# menu design.

1. Head chef drafts the menu
2. Reviewed by Chartwells team to minimise potential errors
3. Reviewed by dietitian to ensure menu meet nutrition requirements for young adults
4. On-site Chartwells manager makes site specific changes
5. College edits if required



6. Legumes/beans are incorporated into the menu at least <b>twice a week</b> .	✓	✓	✓	✓
7. A variety of meats and alternatives including lean meat and poultry, fish, seafood, eggs or tofu, legumes, beans, lentils, legumes, seeds, or nuts are offered each week.	✓	✓	✓	✓
8. Mince is limited to 2 serves per week.	✓	✓	✓	✓
9. The menu includes at least <b>3 ½</b> serves of milk and milk products <b>daily</b> .	✓	✓	✓	✓
10. Dairy products are readily available, <u>e.g.</u> milk, cheese, yoghurts etc. Milk alternatives such as soy milk are calcium fortified. A variety of full cream, reduced and low fat are provided.	✓	✓	✓	✓
11. High fat pastry items, including items made with short crust, flaky and puff pastry, such as pies and sausage rolls, are <b>limited to twice a week or less</b> and cannot be served twice on the same day.	✓	✓	✓	✓
12. Processed meat is limited to a <b>maximum of twice per week</b> at breakfast and <b>twice per week</b> at lunch or dinner e.g. sausages, bacon (unless contractually specified). This does not include ham which may be included as part of a salad or sandwich bar. Mince also limited to twice per week.	✓	✓	✓	✓
13. Discretionary or highly processed foods such as pre-packaged hash browns, crisps, extruded snack products, and other pre-packaged foods are <b>limited to once a week or less</b> .	✓	✓	✓	✓
14. Water is the preferred beverage at all meals.	✓	✓	✓	✓



# review and adaptation.

**Key aim of the Chartwells menu is to suit the individual site.**

**Examples:**

- Location of the college
- Celebration days
- Theme days/traditions
- Schedule

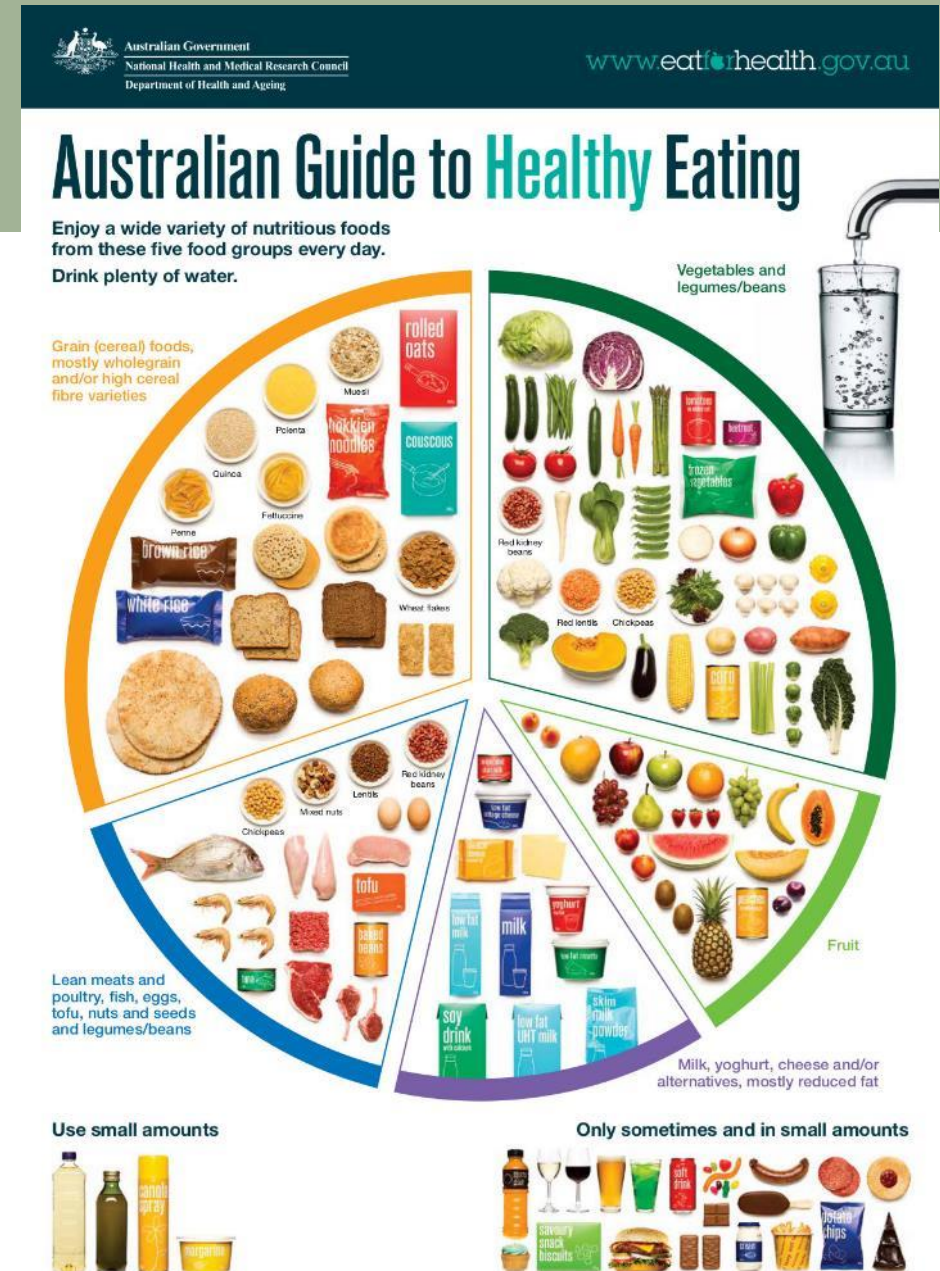
Each site will end up with a unique menu that suits their college.



# australian recommendations.

## SERVES PER DAY

Age	12-13yo female	14-18yo female
Vegetables & Legumes	5	5
Fruit	2	2
Grains and cereals	5	7
Meat & alternatives	2 ½	2 ½
Milk & Dairy	3 ½	3 ½



# sometimes foods.



Only sometimes and in small amounts





# benefits of residential college menu.

- Regular mealtimes
- Variety of foods available
- Exposure to new foods
- Independence of food choices



# develop healthy eating habits.

- Diet should mature during school years
- No good vs bad foods
- Variety + regularly available foods
- Benefits of sharing mealtime with friends



# chartwells.

Chartwells is the largest caterer in the education sector in Australia.

smart  
food.



## OUR SMART FOOD PROGRAM CHAMPIONS

### **Nutrition**

for healthy teenagers

### **Variety**

for choice and taste preference

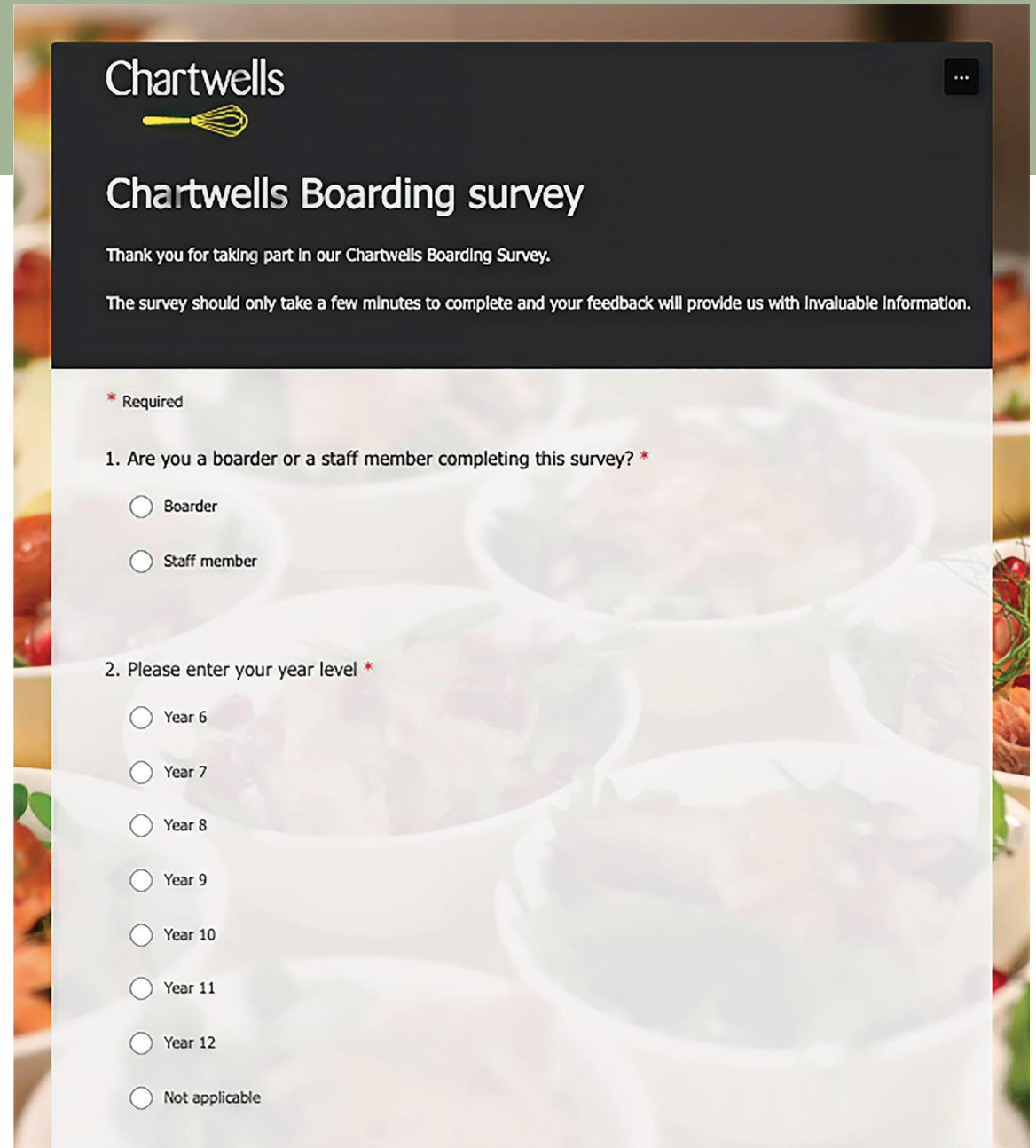
### **Presentation**

for an enjoyable dining experience



# student engagement and feedback.

- Regular feedback forums and surveys
- Approachable staff
- Feedback book
- Respond to students and staff
- Look for opportunities to responsibly incorporate feedback into the menu

A screenshot of a web-based survey titled 'Chartwells Boarding survey'. The header is dark grey with the 'Chartwells' logo (a whisk) and a title. Below the header, there is a thank you message and a statement about the survey's purpose. The survey questions are numbered and marked as 'Required'. The first question asks if the respondent is a boarder or staff member, with radio button options. The second question asks for the respondent's year level, with radio button options ranging from Year 6 to Year 12, plus a 'Not applicable' option. The background of the survey form is a blurred image of various food bowls.

Chartwells

**Chartwells Boarding survey**

Thank you for taking part in our Chartwells Boarding Survey.

The survey should only take a few minutes to complete and your feedback will provide us with Invaluable Information.

\* Required

1. Are you a boarder or a staff member completing this survey? \*

☐ Boarder

☐ Staff member

2. Please enter your year level \*

☐ Year 6

☐ Year 7

☐ Year 8

☐ Year 9

☐ Year 10

☐ Year 11

☐ Year 12

☐ Not applicable



# iron & chartwells menu.

## Function of iron



Blood health



Oxygen transport



Energy



Impact fatigue



Immune function

# female teens.

Nutrient	Female RDI (14–18yo)	Female RDI (19–50yo)	Foods
<b>Iron</b>	<b>15 mg/day</b>	<b>18 mg/day</b>	Meat, poultry, fish, fortified cereal, legumes, lentils
Vitamin B12	2.4 µg/day	2.4 µg/day	Red meat, milk, eggs and dairy products Bioavailable vitamin B12 is rarely present in plant foods
Calcium	1,300 mg/day	1,000 mg/day	Dairy made from animal milk Plant based dairy – make sure it is fortified
Folate	400 µg/day	400 µg/day	Green leafy veg, legumes, peanuts, seeds Australian millers are required to add folic acid (a form of the B vitamin folate) to wheat flour for bread-making purposes.
Iodine	150 µg/day	150 µg/day	Seaweed, fish, dairy, eggs, iodised salt

# food sources.

## Iron-rich foods

- Red meat (lean beef, lamb & kangaroo)
- Liver
- Chicken, pork and fish
- Egg
- Legumes (beans, soy, chickpeas)
- Green leafy veg (spinach, broccoli, kale, etc)
- Fortified cereals



# recommendations.

eatforhealth.gov.au

[The guidelines ▼](#)

[Food essentials ▼](#)

[Eating well ▼](#)

[Nutrition calculators ▼](#)

[Nutrient Reference Values](#)

## How much should I eat from the lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans group?

The Guidelines recommend that you eat 1-3 serves of foods from this food group a day, depending on your age. During pregnancy, 3-4 serves a day are recommended.

Variety is the key. Over a week, a maximum of around 7 serves of lean red meat is recommended. However, keep in mind many adults eat larger amounts than the recommended serve sizes in a meal for meat, poultry or fish. Follow the links below to find out how many serves you need to eat per day.



# iron in the chartwells menu.

## Breakfast

- Cereal (fortified)
- Eggs, frittata, omelette
- Seeds in muesli
- Dried fruit

## Lunch

- Meat & fish
- Spinach, rocket, kale
- Beans
- Seeds

## Dinner

- Meat & fish
- Chickpeas
- Legumes
- Beans
- Tofu & tempeh
- Broccoli



# iron absorption.

## **Vitamin C improves iron absorption**

### **Examples:**

- Citrus
- Dark green leafy vegetables
- Capsicum
- Broccoli & brussels sprouts

## **Calcium can hinder iron absorption**

### **Examples:**

- Milk
- Yoghurt
- Cheese

Calcium is important for a healthy balanced diet



thank you.

