



GOLDSBOROUGH and SICKLINGHALL
Federation
Sicklinghall Community Primary School Newsletter



19.12.19

P&A Food Management Services Update

On Tuesday 17.12.19, we were informed by P&A that there will be a re-launch of their 3 weekly cycle menu - which they have decided will be going live across the company - from the 7th of January 2020. There is also a **new price of £2.50 per meal.**

Guy Naylor, their Marketing & Product Development Manager, wanted to explain the rationale below:

At P&A, we believe that all school age children should be given the opportunity to have a plant based lunch, regardless of whether they follow a vegan lifestyle or not. By giving them this choice, we are offering a healthy, ethical, plant based alternative that they may not have the opportunity to try otherwise. All our plant based options available on the new 3-week menu contain far fewer allergens, many only containing either celery or soy; and, where possible, they are also gluten free.

This is also a huge positive development within the company and means many more children can enjoy the same meal as their peers. It is important for us to encourage children to be conscious of their decisions surrounding food, helping to make them aware of how their choices can make a huge difference.

By choosing plant based, we can help towards saving our planet by shifting to a more sustainable diet, whilst also benefitting from the health benefits that come with these food choices.

At home, we can all make good choices about supporting local farmers by buying good quality, good welfare meat and eggs if we choose to do so. However, it has been no secret in the media that school lunches have not always used the options that would be the healthiest cuts of meat for the children. P&A believe that this new menu ensures that all children will have high quality plant based meals at school. The current menu already includes a Quorn chicken burger and this is actually one of the most popular choices.

Attached to this letter is an example of the menus and further information about the health and environmental benefits of this new menu which will be trialled with the children. Guy Naylor will be coming in to school during the first week back to discuss the menu and the rationale with the children too. As a company, this is what they believe in, but your feedback is important to them. As a school, we have asked that this is carefully monitored so that the children's food options are tweaked should the requirement arise.

If you wish to make any comments, please contact Guy Naylor using the information below:

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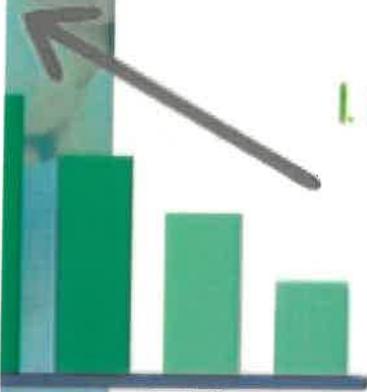
WHOLE FOOD & PLANT BASED DIETS

P&A's Inspiring Approach To Primary Catering!

We at P&A have stopped worrying about what others think and have just got on with being the best, most compassionate people we can be, so that we can effect real change.

All sentient life on this tiny little speck of a planet is a priceless gift and we should be working very hard to cherish and protect it. One day, our children will look back and see the damage, the dead forests, the poisoned rivers and the plastic filled oceans. They will look at us and say 'what did you do to stop this?'

we realise we are all imperfect, therefore we must encourage and help others, to see why what we are doing is something good and it's not something to fight over. We need to stick together if we are going to shift the pattern of our species from one that is destructive to one that is sustainable



Here are 6 science-based benefits of whole food, plant-based diets

1. A WHOLE FOOD, PLANT-BASED DIET IS RICHER IN CERTAIN NUTRIENTS.

Several studies have reported that these diets tend to provide more fibre, antioxidants and beneficial plant compounds. They also appear to be richer in potassium, magnesium, folate and vitamins B, C and E.

2. IT CAN HELP YOU LOSE EXCESS WEIGHT

Many observational studies show that people on these diets tend to be thinner and have lower body mass indexes (BMIs) than their counterparts. In addition, several randomized controlled studies report that a whole food plant-based diet is more effective for weight loss than the diets they are compared to.



3. IT APPEARS TO LOWER BLOOD SUGAR LEVELS AND IMPROVE KIDNEY FUNCTION.

Indeed, people who eat this diet tend to have lower blood sugar levels, higher insulin sensitivity and up to a 50–78% lower risk of developing type 2 diabetes. Other studies report that diabetics who substitute meat for plant protein may reduce their risk of poor kidney function.

4. IT MAY PROTECT AGAINST CERTAIN CANCERS

According to the World Health Organization, about one-third of all cancers can be prevented by factors within your control, including diet. For instance, eating legumes regularly may reduce your risk of colorectal cancer by about 9–18%. Research also suggests that eating at least seven portions of fresh fruits and vegetables per day may lower your risk of dying from cancer by up to 15%.

5. IT'S LINKED TO A LOWER RISK OF HEART DISEASE

Observational studies comparing these people to the general population report that the people on the whole food, plant-based diet may benefit from up to a 75% lower risk of developing high blood pressure. These people may also have up to a 42% lower risk of dying from heart disease.

6. IT CAN REDUCE PAIN FROM ARTHRITIS

One study randomly assigned 40 arthritic participants to either continue eating their omnivorous diet or switch to a whole-food, plant-based diet for 6 weeks. Those on this diet reported higher energy levels and better general functioning than those who didn't change their diet.

THE PROTEIN MYTH

Enough! It's time to end the protein myth.

We have eaten ourselves into a state of sickness and it is fuelled by misinformation. This is nowhere clearer than in the endlessly circulated protein myth, most of us have been indoctrinated into a belief system which holds the misconception that our only sources of protein are animal-derived. Although animal flesh, eggs and milk are sources of protein they are in fact inferior to plant-based sources. Ironically, many of the animals we consume for their protein are themselves herbivores.

The scientific literature shows that it's better to get our protein from plant sources. The largest epidemiological study to date on human nutrition wrote: "There is a mountain of compelling research showing that plant protein allows for slow but steady synthesis of new proteins, and is the healthiest type of protein."

Animal protein is incredibly toxic to our bodies. The liver's ability to convert excess nitrogen to urea is saturated, and the blood becomes acidic which can cause all sorts of diseases.



NOW LET'S LOOK AT SIX OF THE MOST IMPORTANT WAYS A WHOLE FOOD, PLANT-BASED DIET IMPROVES AND PROTECTS NATURE.

1. Increases the availability of fresh water.

Did you know that it takes 2,400 gallons of water to produce just a single pound of beef from the beginning to the end of production?

On the other hand, it takes just 25 gallons to make a pound of wheat. Some simple math shows a big need for change among food producers and consumers.

If livestock are replaced with plants, we'll have more clean water to go around for everyone.

2. Purifies the air.

Cattle also contribute more CO₂ into the atmosphere than all forms of transportation or man-made contributors.

According to a report from the Food and Agricultural Organization of the UN the worldwide production of livestock produces 18 percent of humans' greenhouse gas. That's more than any form of travel known to man. On the flip side, plants clean the air for everyone.

3. Reduces energy consumption.

The undue energy consumption of producing livestock is due to many combined factors. Raising a single animal doesn't happen overnight — it takes a long time to raise them to the point that they're ready to be used as meat. During their lifetime, farm animals consume mass amounts of food — grown on valuable land. Both the land and the food could be used for more sustainable purposes.

Plant-based protein, in comparison, can be raised using about eight times less energy cost than it takes to make meat-based proteins.



4. Improves soil quality.

By no fault of their own, livestock weaken and erode soil. Mass deforestation is often a result of our need for more livestock and meat. We bulldoze seven football fields of land every minute to make more room for farmed animals and raising them uses 30 percent of the planet's land mass. The trees we clear in the process no longer provide resilience and nutrients for the soil.

Raising diverse plants instead of meat will nourish the soil and offer it long-term resilience for everyone.

5. Allows ethical treatment of all living creatures.

Animals — yes, even fish — are complex creatures that are fully capable of experiencing pain and joy. The farm animal industry would certainly like us to ignore this fact, but when we look at the realities farm animals face, it is devastating. It's not only farm animals that suffer at the hands of the agricultural industry. Each year more than 3 million animals — including endangered species, as well as domesticated cats and dogs — are killed by Wildlife Services (a federal agency) in an effort to eradicate "nuisance" wildlife that could potentially attack "livestock".

6. A whole food, plant-based diet combats world hunger.

A lot of the food that's grown in the world isn't being eaten by humans. In fact, 70% of the grain grown feeds livestock, and globally, 83% of farmland is set aside to raise animals. It's estimated that 700 million tons of food that could be consumed by humans goes to livestock each year.

While meat is more calorically dense than plants, more aggregate calories (and more diverse nutrient profiles) could be produced if that land was dedicated to various plants.

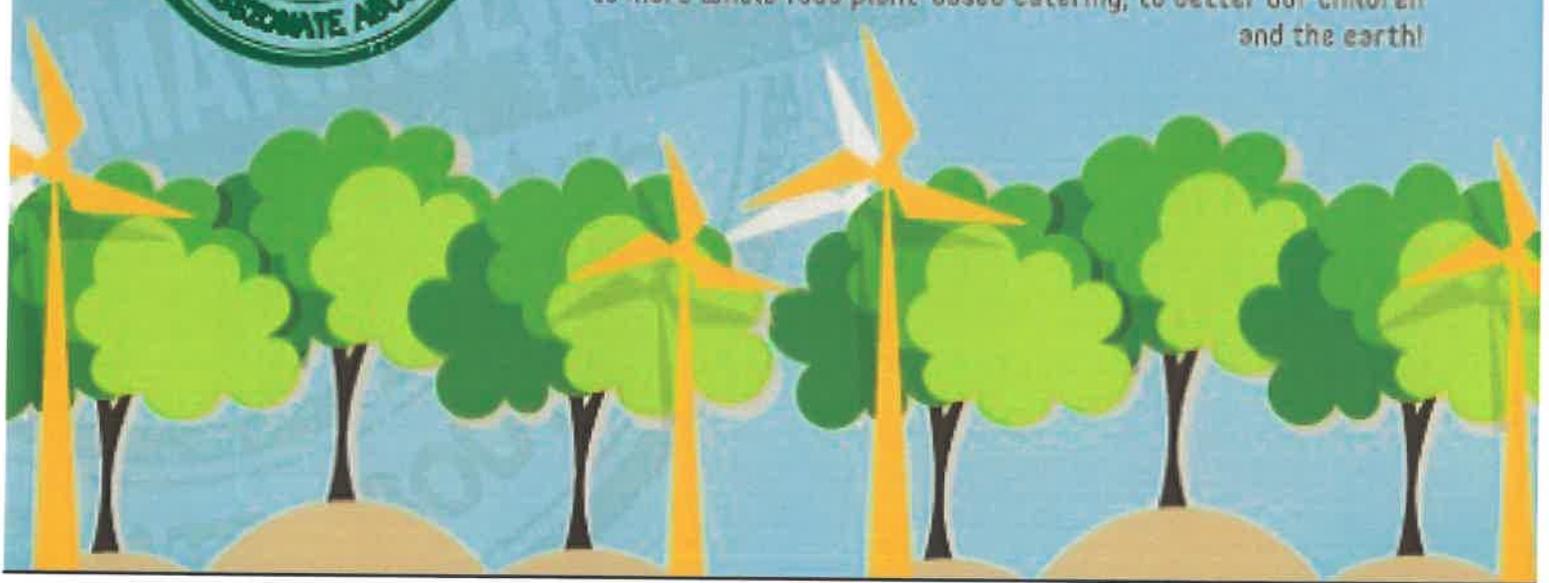
Plus, all the deforestation, overfishing and pollution caused by meat and fish industries limits the overall capacity of the Earth to produce food.

If more farmland was used to grow crops for humans, then more people could be fed at less of an expense to the planet.



THE RIGHT CHOICE IS CLEAR!

The right choice is clear. If you start making the transition to a whole food, plant-based diet, you'll know you're treating the environment and all of its residents better. Make this change for better health, a cleaner conscience, more sustainable practices and overall better living, we have. That's why PGA vow to Change to more whole food plant-based catering, to better our children and the earth!





Hooray for

Plant-Based!

Mains

Monday

Frankfurter Hot Dog
served with Roasted Veg,
& Sweet Potato Fries



BBQ Jackfruit Jacket Potato



Tuesday

Cheese & Tomato Pizza



NoChicken Shawarma Pizza



both served with Spiral Fries, Sweetcorn
or Baked Beans

Wednesday

Tofu, Green Bean & Sweetcorn Curry
served with Rice



WOW No Nut Peanut Butter
& Jam Sandwich
with Fruit Pot & Homebake



Thursday

Cheesy' Bolognese Lasagne
served with Green Beans & New Potatoes



Friday

NoChicken Shawarma Wrap
served with Wedges & Peas

Desserts

Monday

Homemade Oaty Flapjack

Tuesday

Strawberry Jelly Pots

Wednesday

Homemade Apple & Oat Crumble
with Custard

Thursday

Homemade Chocolate Mousse

Friday

Homemade Shortbread

Available Daily

Tomato & Basil Pasta
Fresh Salad
Fresh Fruit
Dairy Free Yoghurt

FRESH WATER SERVED DAILY

WEEK 1



Hooray for

Plant-Based!

Mains

Monday



Mezze Meatballs with Pepper & Onions
served with Pasta

BBQ Jackfruit Jacket Potato



Tuesday

Fresh Tomato & Basil Pizza



Roast Pepper & Smoked Seitan
(Meat Free Bacon) Pizza

served with Spiral Fries, Sweetcorn or Baked Beans

Wednesday

Carrot, Lentil & Ketchup Muffins



served with Spicy Wedges, Green Beans & Carrots

WOW No Nut Peanut Butter
& Jam Sandwich



with Fruit Pot & Homebake

Thursday

Thai Red Tofu & Coconut Curry



served with Rice & Sweetcorn

Friday



Mac & Cheese with Crispy Crumb Topping

Served With Garden Peas

Desserts

Monday

Vanilla Celebration Biscuit

Tuesday

Chocolate Coconut Milk Pudding

Wednesday

Banana Brownies

Thursday

Raisin & Oatmeal Cookies

Friday

Apple Bread Pudding

Available Daily

Tomato & Basil Pasta

Fresh Salad

Fresh Fruit

Dairy Free Yoghurt

FRESH WATER SERVED DAILY

WEEK 2



Hooray for

Plant-Based!

Mains

Monday

Shaved Seitan Turkey Sweet Chilli Wrap
served with Roast Potatoes & Carrots

BBQ Jackfruit Jacket Potato



Tuesday

Cheese & Tomato Pizza



BBQ Jackfruit Pizza



Both served with Spicy Wedges, Beans or Peas

Wednesday

Mozzarella & Tomato Gnocchi
served with Mixed Veg & Salad



WOW No Nut Peanut Butter & Jam Sandwich



with Fruit Pot & Homebake

Thursday

Spaghetti & Mezze Meatballs
served with Crusty Bread, Carrots & Peas



Friday

Sweet Chilli 'No Chicken' Stir Fry
served with Chips & Sweetcorn



Desserts

Monday

Homemade Chocolate Sponge Pudding and Custard

Tuesday

Orange Jelly

Wednesday

Vanilla Cupcakes

Thursday

Chocolate Krispy

Friday

Carrot Cake

Available Daily

Tomato & Basil Pasta

Fresh Salad

Fresh Fruit

Dairy Free Yoghurt

FRESH WATER SERVED DAILY

WEEK 3