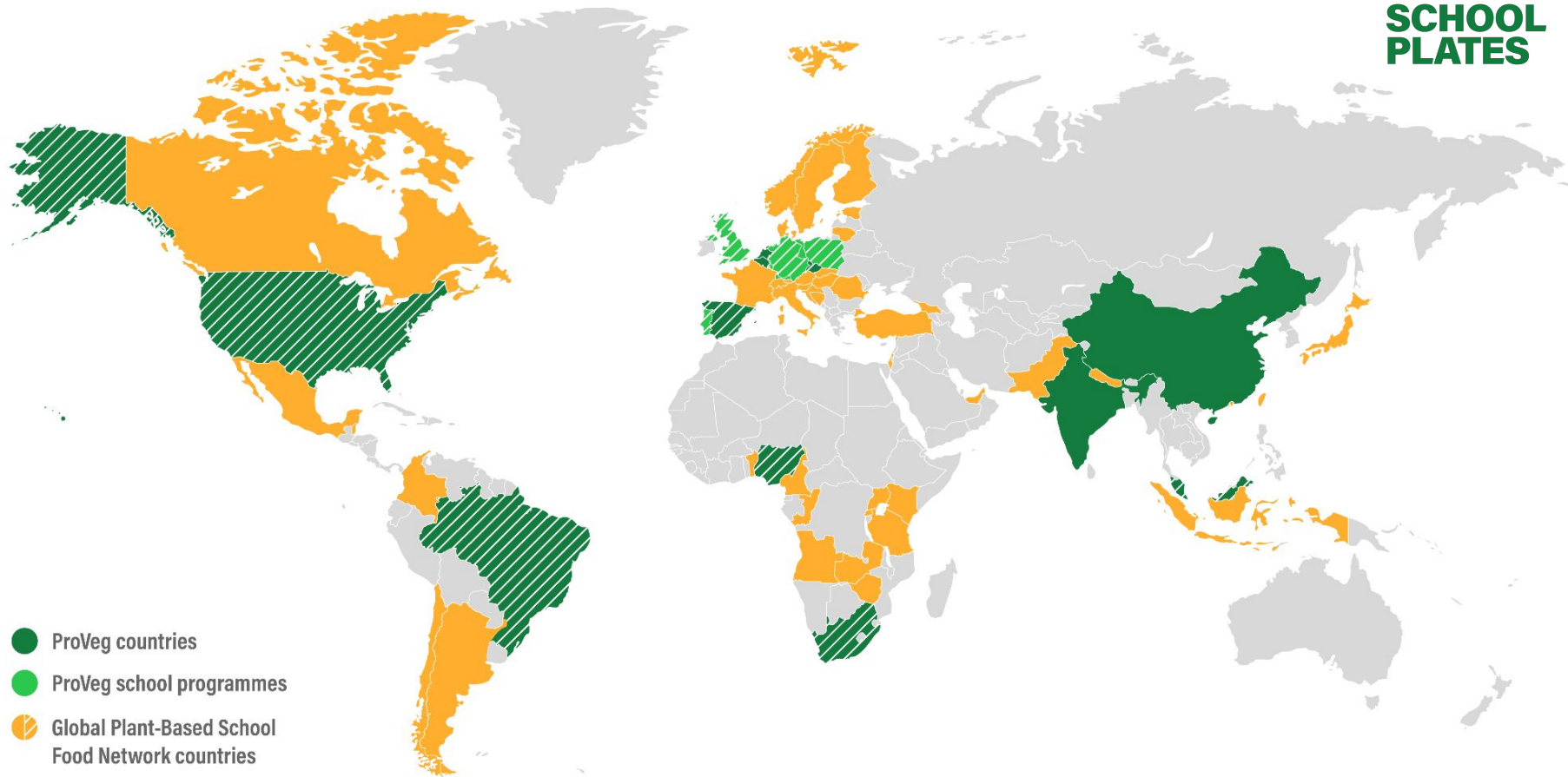




Small Changes, **Big Impact**

Sustainable & Healthy School Menus

 **proveg**
SCHOOL PLATES



REVOLUTIONISING SCHOOL FOOD

 **proveg**
**SCHOOL
PLATES**





WE AIM TO MAKE SCHOOL FOOD:

- healthier
- more sustainable
 - more inclusive
 - save money

Evidence-based

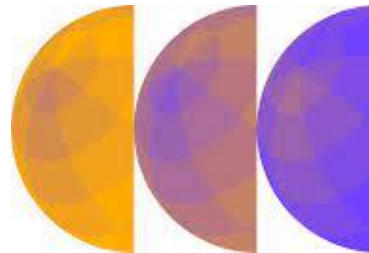


WORLD
RESOURCES
INSTITUTE

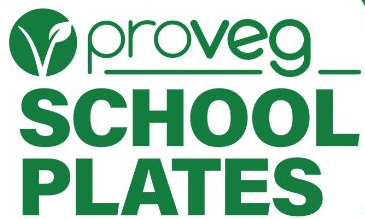


World Health
Organization

**National
Food
Strategy**



Climate
Change
Committee



MENU CONSULTATION



RECIPE DEVELOPMENT



TRAINING FOR CATERERS



SCHOOL PLATES AWARDS



PEER-TO-PEER SUPPORT



TEACHING MATERIALS

UK
today



95 major catering partners

We are currently working with or have worked with nearly a third of all UK local authorities

Over 8,000 schools

Are benefiting from healthier & more sustainable menus

Over 1.3 million children

Eat from these menus every day

47 million

Meals swapped



*“...offer a fully plant-based option every day
...ensure staff are trained in vegan & vegetarian cooking...”*

Climate Change Committee

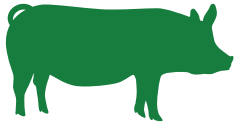
Health plant-based diet



- Eating a well-balanced, plant-based diet is associated with a reduced risk of many lifestyle diseases including:
- Type 2 diabetes, cardiovascular disease, obesity, gastrointestinal diseases and some forms of cancer
- Whole plant foods are rich in fibre, antioxidants and nutrients and contain low levels of saturated fat
- Whole plant foods such as beans, lentils and tofu are also good sources of protein. In combination with proteins from whole grains and nuts or seeds, they help to provide an optimal amino acid profile.



Sustainability



Farming animals for food is responsible for more greenhouse gas emissions (at least 20%) than the entire global transport sector



It is also a leading cause of deforestation, water use, biodiversity loss, and species extinction



Beef emits 50 times more greenhouse gases per gram of protein than pulses such as beans and lentils

Waite, R., J. Zionts, and C. Cho (2024): Toward 'Better' Meat? Aligning meat sourcing strategies with corporate climate and sustainability goals. Report. Washington, DC: World Resources Institute. Available online at doi.org/10.46830/wrirpt.22.00006. [Accessed: 27.06.2024]

Does locally-sourced food save carbon?

- Supporting local businesses is always best but **don't expect it to significantly reduce emissions for meat**
- Transport typically accounts for less than 1% of greenhouse gas emissions: **eating locally-sourced beef has a minimal effect on its total footprint**
- CO2 emissions from most **plant-based products are between 10 and 50 times lower** than animal based products



CO₂ footprint of a typical school meal



plant-based
0.43kg

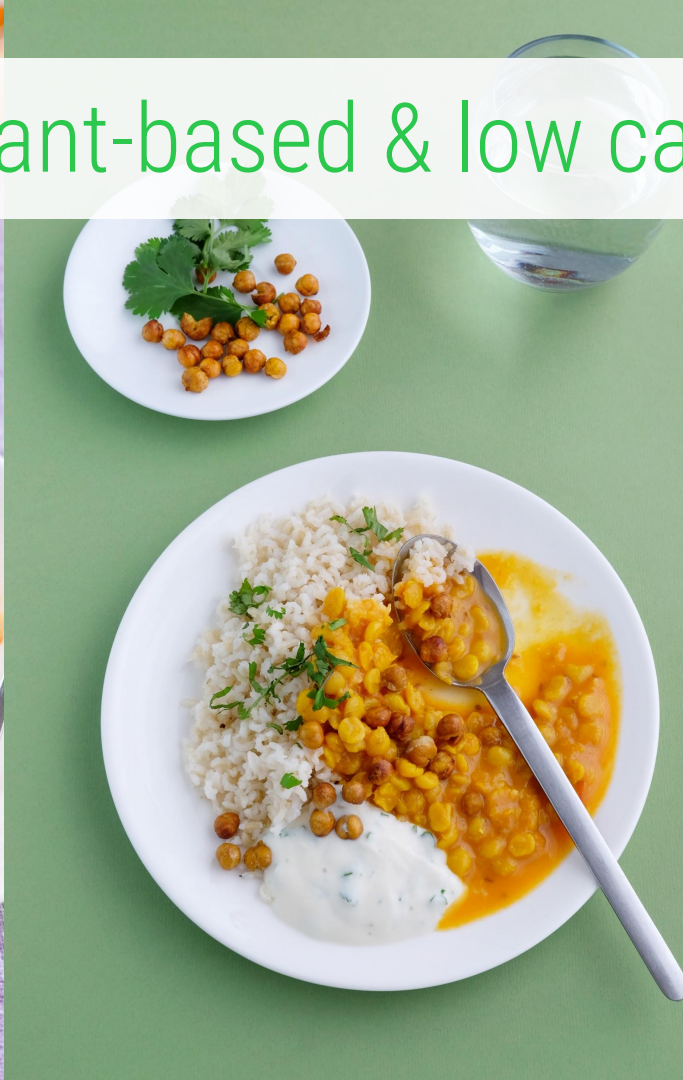


vegetarian
0.8kg



meat-based
1.63kg

Recipes plant-based & low carbon



SPAGHETTI BOLOGNESE

Made with 50g beef mince per portion.
Served with 55g wholewheat spaghetti.

Cost: 72p

Saturated fat: 4g

Fibre: 7.3g

Protein: 19.3g

CO2 emissions: 2.26kg



VERY HIGH
carbon rating

VS.

SPAGHETTI BOLOGNESE (VE)

Made with 30g lentils and 20g dried soya mince per portion.
Served with 55g wholewheat spaghetti.

Cost: 41p

Saturated fat: 0.5g

Fibre: 9.5g

Protein: 22g

CO2 emissions: 0.75kg

LOW
carbon rating



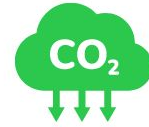
43% cheaper



87% lower in
saturated fat



30% more fibre
and 14% more
protein



66% less CO2

Meat reduction - steak pie



100% BEEF

- £1.12 per portion
- 1.9g fibre
- 17g protein
- 2.76kg CO2



75/25 BEEF-LENTILS

- 94p per portion
- 2.6g fibre
- 14g protein
- 2.13kg CO2



50/50 BEEF-LENTILS

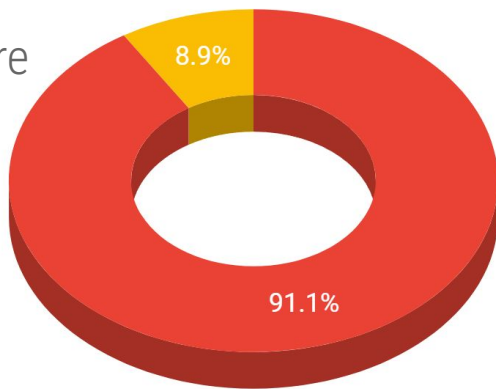
- 75p per portion
- 3.3g fibre
- 11g protein
- 1.5kg CO2

Real Data - Before & After: types of meals served

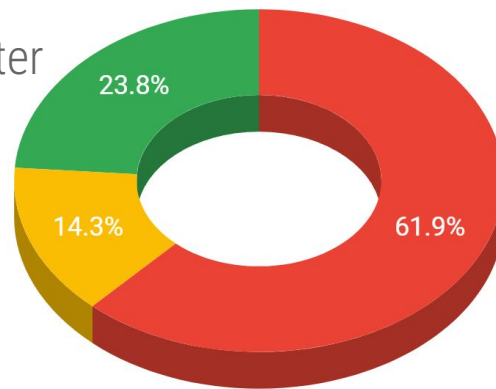
Carbon emissions saved: 26%

Cost saving: 20%

Before



After



● Meat and fish based meals ● Vegetarian meals ● Plant-based meals



In-Person Training

Plant-based Cooking in Schools Online Training

- Online workshops + Previous online workshops



Plant-based Cooking In Schools
February Online Workshop 2024

77 views • 1 month ago



Plant-based Cooking in Schools
March Online Workshop -...

90 views • 5 days ago

- *NEW* Online training course - to launch in the New Year 2025

Menu Inspiration



- Rainbow Dips with Toasted Pitta Bread (ve)
- Planet-Friendly Spaghetti Bolognese (ve)
- Sweet Potato and Coconut Curry (ve)
- Creamy Broccoli Pesto Pasta (ve)
- Shredded Tofu Tacos (ve)
- Loaded Mexican-style Wedges (ve)
- Peach Melba Crunch (ve)
- Sticky Chocolate Brownie (ve)

School Plates Awards

Nudging positive behaviours, meat-reduction & plant-based promotion



traffic-light STICKY MONSTER

smoky MARVELLOUS chunky

CRISPY plant-powered BBQ

American-style RAINBOW SPICY

Italian sweet and sour creamy

How to Achieve a Bronze Award



- **Descriptive** (and / or child-friendly) **language**
- **Avoid using** **meat-free, meatless, fish-free, fishless, dairy-free, vegetarian or vegan** when describing any plant-rich dish or day.
- **Use (v) and (ve)** - or other symbols - as identifiers
- **Avoid separating** **'Main' & 'Vegetarian'** **into categories**
- One **plant-rich** (meat and fish-free) day each week
- **Blend** any chosen plants into a minimum of 1 sauce a week
- Complete the **rainbow plants checklist** and **Awards Survey**
- Have a daily **plant-based** or **plant-rich** option, with at least 50% hot meal options
- Download a resource from the **Canteen to Classroom Education Programme**

Canteen to Classroom

What?

A brand-new educational programme to teach children about the food they eat: where it comes from, how it is made, and its impact on our health and the planet.

- Developed specifically for primary schools
- 24 custom-designed lessons
- Every lesson is 'ready to go' meaning it comes provided with a **high-quality evidence-based lesson plan, engaging lesson presentation, and additional resources** – saving teachers and education providers **precious time and effort**.



Sustainability
Support for
Education



Learn + Connect



Download our recipes to try



Attend a School Plates network meeting or webinar



Invite us to present at your climate, health or school food webinar



Join a Plant-Based Cooking in Schools Workshop live online or watch a previous recording



Book a meeting with the School Plates team



Choose 1+ options

More Plants + Meat Reduction



Introduce a planet-friendly day on menus (meat-free and fish-free) once a week.



Blend 25+% plant proteins (e.g. lentils, beans, tofu, plant-based mince) into a popular meat-based dish.



Introduce plant-based options on your main menu.



Key staff have taken part in an In-Person Plant-Based Cooking in Schools Workshop



Send us a pdf of your current or new menu to see if it qualifies for an Award!



Choose 1+ options



Partnership Pathway

A Plant-Forward Journey for School Caterers



Learn & Connect

Pathway to sustainable and healthy school menus for all

Join our Network meeting / online workshops

Download recipes

Introduce a plant-rich day

proveg
SCHOOL PLATES

Blend plant-proteins into popular dishes

Invite us to present to your organisation

Book an in-person workshop

Meat reduction & plant-based promotion

Apply for an Award!



Canteen to Classroom



