



INTRODUCING POWERING PERFORMANCE

Young people today are more aware of the relationship between their food choices and wellbeing and enjoy making choices that meet their individual needs for sport, academic performance, mental health, overall health, and wellbeing.



WHAT IS POWERING PERFORMANCE?

Independents by Sodexo has formed the Healthy Futures Partnership and is working with the British Nutrition Foundation, a leading UK nutrition charity.

This partnership supports Powering Performance with a credible evidence-based nutrition education program. Built on a structure of four pillars (Strengthen, Focus, Sustain & Replenish) each assigned to ingredients that provide nutrients for which there is evidence of benefits for young people's health and wellbeing. To ensure accuracy the partnership has created unique tools, healthier recipe guidance and nutrition guardrails to create healthy nutritious dishes, grounded in a scientific nutrition education framework that students and parents can trust.



STRENGTHEN
Food to fortify
To help build, maintain and develop.



FOCUS
Food for the mind
To help support learning and performance.



SUSTAIN
Food to energise
To help the body sustain energy.



REPLENISH
Food to restore
To support healthy function of the body.

HOW WILL IT BENEFIT YOUR CHILD?

Powering Performance adopts four pillars. The pillars provide a framework to help communicate healthy eating messages to students about how nutrients support different body functions to help students make informed choice about their food.

This framework enables students in making informed food choices by providing an exciting way to bring nutrition science to life across school day menus.



WILL IT CHANGE THE SERVICE WE PROVIDE?

Powering Performance programme is in addition to the daily menu cycle across the school day. The key difference is these dishes are aligned to core health claims and outcomes for young people, including environmentally friendly dishes such as more plant based proteins, and lifestyle choices such as vegan – that together enable informed choices.

It offers reassurances through our certified Healthy Futures Training for chefs, created by British Nutrition Foundation, to enhance chef skills and knowledge in nutrition support for pupils. More information will follow as we develop Powering Performance in your school.



Young people need narratives around healthy eating that don't rely on calorie counting. The want support in dietary messaging towards balance, mindfulness, and acceptance, that connects dots between mindful eating and the planet³

Gen Z feel a personal responsibility to leave the world a better place than they found it.



70%

of people who've reduced meat consumption cite health as a major factor,

49%

cite environmental concerns⁵

GET IN TOUCH

To discover more about our food, we invite you to speak to your Catering Manager or Executive Chef.

A balanced and varied diet promotes good health and wellbeing, both during childhood and into adulthood, and is the cornerstone of Sodexo's social value strategy

independents
by **sodexo**

*Gen Z are children Born between 1997-2010