

Added Plant Power Project: Sustainable Eating

Caterlink have developed a new range of Added Plant Power recipes, following on from increased pupil awareness about how their eating habits impact the environment that we live in.

Our Added Plant Power recipes have the required amount of protein as stated in the School Food Standards, however 50% comes from plant based proteins such as lentils, beans or chickpeas.

The British Dietetic Association, World Wide Fund for Nature, and the Eatwell Plate have all made movement towards encouraging a more sustainable diet and one of the recommendations is advocating for people to get more of their protein from plant-based proteins whilst reducing their intake of meat.

Around half of Caterlink schools have already adopted these recipes once per week, with lots of positive feedback from pupils and staff.

The Added Plant Power dishes are now highlighted on our menu with this logo:



Compared to the original recipes our Added Plant Power recipes have the following impact on the environment:

48% lower in greenhouse gas emissions

49% reduction in land use

44% reduction in water use

Plant based proteins are also good for our health - compared to our original recipes our Added Plant Power Recipes are:

15% lower in calories

52% lower in total fat

49% lower in saturated fat

50% higher in fibre