

Our Farm to Fork Journey

We recognise that as custodians of our *Fresh Food Policy* we need to ensure our menu offer is fresh and encourages healthy eating.

We are proud to have been awarded accolades from various organisations that recognise Cater Link's commitment to providing healthy and fresh food. Our Executive Chef holds a number of workshops including our mandatory "Healthy Cooking Techniques" course that gives skills to our chefs and cooks on how to cook using no salt, more fibre and less oil.

Our menus are verified by a qualified nutritionist to ensure they exceed the latest Government guidelines. Our Executive Chef and Directors work in partnership with local suppliers to ensure produce is of the highest quality.

We recognise and support the "5 a Day" campaign. Fruit and vegetables are rich in vitamins and minerals that help us to keep health and boost our immune system. At Cater Link we support our local suppliers to provide us with produce that is grown locally and therefore reaches our kitchens as fresh as possible. In season, tomatoes are sourced by local greengrocer Phil Kingsland from West Malling in Kent, root vegetables from Ash Farms in Thanet.

All our meat produce is sourced from suppliers based in the south east that ensure produce is fully traceable from field to fork. We actively visit producers to satisfy ourselves that animals are well looked after. In addition, suppliers are audited by an independent body. Our poultry is reared by Crown Poultry in Suffolk. English lamb is reared at Forge Farm in Southborough near Tonbridge.

All of our fish is sourced from sustainable sources in lines with guidelines set by the Marine Stewardship Council.

Our milk is produced from cows that graze on farms in the Cotswolds and supplied by a locally based family dairy. Our preferred brand of mineral water is sourced from the UK and therefore reduces food miles.

We actively promote healthy eating to our customers by way of supplier supported displays and tasting sessions and our healthy eating loyalty points scheme.

