

Reducing Costs and Improving Nutritional Content

DEVON SCHOOL BUSINESS
MANAGERS ASSOCIATION
ANNUAL CONFERENCE 2019

#DSBMA2019





Introduction: **Spires Catering Consultancy**

An independent position with a fresh approach towards
business planning, strategic goals and vision



Responsibility and Accountability

‘What gets measured,
gets managed’



Reducing Costs.....

..... without compromising on
quality

Identifying the Cost Elements Within a Food Service Operation

- ▶ Food Cost
- ▶ Staff Cost
- ▶ Sundry Cost
- ▶ Overhead and Capital Investment

Good Kitchen Management

Food Cost

- ▶ Purchasing – best price
- ▶ Menu mix - balance
- ▶ Management of product – stock control
- ▶ Wastage level – production levels
- ▶ Fresh food – increase meal uptake and improved GP£%
- ▶ Skilled staff – invest in knowledge

Right People – Right Place

Staff Cost

- ▶ Staff structure – review of operating hours
- ▶ Working weeks and hours – correctly paid
- ▶ Training – improving skill levels
- ▶ Reward and recognition – loyalty
- ▶ Working equipment - positive work place
- ▶ Uniform – team moral
- ▶ Environment – empowering and value

Controlling the Controllable

Sundry Cost

- ▶ Cleaning chemicals – trained and used appropriately
- ▶ Green agenda – advocacy
- ▶ Licence cost – review existing charges
- ▶ Deep cleaning – 3 quotations
- ▶ Respect of product – everything has a cost
- ▶ Stock count – accountability
- ▶ Light Equipment – value

Overheads and Capital Investment

- ▶ Team training
- ▶ Best practise – turn off when not in use
- ▶ Best use – turn on when required
- ▶ Equipment maintenance – review of breakdown charges
- ▶ Investment into dining/kitchen areas – long term strategies



Check and Check Again... ..

- ▶ Budget approval and regular forecasting for year end results
- ▶ Purchasing approval and sign off

‘What gets measured
.....Gets MANAGED!’



Improving Nutritional Content



The School Plan

- ▶ Portion Size
- ▶ Balanced Menus
- ▶ Reduction of Salt
- ▶ Reduction of Sugar
- ▶ Eat the Rainbow
- ▶ Health by Stealth

Fun Into Food

- ▶ Fresh ingredients
- ▶ Taste bud exploration
- ▶ Seasonal products
- ▶ Creative menus
- ▶ Taster pots
- ▶ Blind tasting
- ▶ Meat Free Monday
- ▶ Fruity Fridays





Good Practise Guidelines

- ▶ Soil Association Accreditation
- ▶ Gold, Silver, Bronze

Silver Standard Checklist

1. Food Quality

- ☐ **S1.0** Our school food meets the Silver standards of the Food for Life Served Here, which means we take care that our food is healthy, ethical, and uses local ingredients. We use a minimum of 5% organic ingredients in our menus.

Using the Food for Life Served Here Points Calculator, our menus achieve at least **150 points:**

40 points for sourcing ethical and environmentally friendly food

20 points for championing local food producers

20 points for making healthy eating easier

70 points from any of these categories.

2. Food Leadership and Food Culture

- ☐ **S2.0** Our governors have signed off a school food policy with a timetable for action.
- ☐ **S2.1** We give lunchtime a clear priority in our school day, and timetabling clashes are avoided.
- ☐ **S2.2** We ensure take up of school meals by pupils registered for free school meals is 90% or higher, and we are taking action to raise general school meal take up and encourage pupils towards a variety of hot meal options, where appropriate.
- ☐ **S2.3** We have made sure that key teachers or others have skills needed to lead gardening and cooking activities and ensure basic food hygiene.
- ☐ **S2.4** We work with parents to discourage unhealthy snacks or lunch box contents.
- ☐ **S2.5** We invite parents and/or community groups into school to eat with our pupils.
- ☐ **S2.6** We don't use flight trays.

3. Food Education

- ☐ **S3.0** Our cooking activities aim to build skills and knowledge progressively over key stages 1-3 and incorporate seasonal, local and organic ingredients.
- ☐ **S3.1** We ensure pupils in our garden group and/or a class are growing fruit, vegetables and herbs organically.
- ☐ **S3.2** We have produce from our school growing area at least once a term for pupils to use in cooking activities.
- ☐ **S3.3** Our pupils explore the ethical and environmental issues around food choices and this is linked to changes in our school meals.
- ☐ **S3.4** One or more of our year groups keep in touch with a local farm throughout the year.
- S3.5** We organise at least one annual visit to or from small local food businesses.

4. Community and Partnerships

- ☐ **S4.0** We hold events to involve parents and/or the wider community in growing and cooking activities.
- ☐ **S4.1** We actively encourage our pupils and their parents to grow and cook their own produce at home.
- ☐ **S4.2** Our pupils share Food for Life learning with local schools, the wider community and other partners.



Remember:

