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# Promoting health and wellbeing

Last Modified February 02, 2018

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## Our policy

In Blackpool we are proud of what we put into our food, our healthy balanced meals are created using quality ingredients and high street brands.

- All our menus meet and even exceed current nutritional guidelines
- We endeavour to use locally sourced produce wherever possible to reduce food miles and support local businesses
- We only use free range eggs
- All our meat is Farm Assured certified, this means the farms are regularly checked for quality
- Our fish is certified by the Marine Stewardship Council meaning it is farmed from sustainable sources
- We have reduced the sugar in all our recipes by 10%
- We only use lo-salt in our cooking
- We use low fat milk and yoghurts



## Additional information

[School food plan](#)

[Food for Life](#)

[Children's Food Trust](#)



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