

NUTRITION & FOOD DEVELOPMENT NEWSLETTER SPRING 2025



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Welcome to our Nutrition and Food Development Newsletter!

I'm **Danielle Watkins**, the **Head of Nutrition and Food Development at Mellors Catering Services**. I oversee the Food Development team, who work across your businesses, schools, colleges, and academies, training our Mellors food teams to create wholesome, nutritious meals for our customers.

As a registered Nutritionist, I deeply understand the impact a healthy diet can have on your workforce and students. At Mellors, it's our mission to bring innovative and nutritious food ideas to life and share them with your teams.

In the following pages, you'll get a glimpse of the exciting work happening behind the scenes at Mellors Catering Services. You'll also learn how our Nutrition and Food Development team has been actively supporting and enhancing your catering operations.



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NEW PRIMARY SCHOOL SALAD BAR UPDATE

Here at Mellors, we're all about exploring tastes, fuelling your pupils learning, and discovering 'A World of Fun with Food!'

As you know we offer a daily salad bar—with a selection of salad items, as well as freshly baked bread—that helps to open your pupils world to new tastes and textures. Over the past few months the team have been working hard to see how we can enhance this offer and make it even more magical for your pupils.

We have created an incredible new pack for your catering teams, that has bursts of ideas an innovation for them to offer within your school. Our aim is to encourage pupils to eat a rainbow of fruits and vegetable on a daily basis and for our teams to be creative in their approach for our customers.



Our Salad Bars offer a wealth of excitement and contributes to:

- **Improved Nutrition:** Salad bars encourage children to consume more fruits and vegetables, essential for their growth and development.
- **Enhanced Cognitive Function:** Nutrient-rich foods support brain health and cognitive function, leading to improved focus and academic performance.
- **Boosted Immune System:** A diet rich in vitamins and minerals strengthens the immune system, reducing the risk of illness.
- **Lifelong Healthy Habits:** Early exposure to diverse, healthy foods fosters a lifelong appreciation for nutritious and balanced eating habits.



There's even some incredible resources for you, our customers and parents/carers to promote!

Do you have any pupils that want to help and be recognised at lunchtime?

Mellors
**MINI
MASCOTS**



Having the pupils involved at mealtimes is a lovely, fun thing to do. With Mini Mellors Mascots, pupils are part of the team during service.

- **Encourage others to try something from the salad bar.**
- **Assist the younger pupils with using the salad bar.**

This could be used in any way to benefit your service time and would be great to promote any pupils you have with aspirations to work within the food industry. At the end of each term, Mellors will give the pupils that have helped a certificate to thank them, this can be presented in assembly to make a real showcase of their support.

Interested in the above; speak to your Catering Manager/ Area Manager today and find out more information!

NEW STAFF WELLBEING PORTAL

Have you scanned our wellbeing portal? Exclusively for your staff!

A balanced approach to eating is always our preferred method of advice. However, we appreciate that your staff, our customers sometimes want that extra bit of detail. With this in mind, we launched our 'Mellors Wellbeing Portal' exclusively for adults!

You can scan the QR code and find out the nutritional value of the meals you are purchasing within our restaurants.



NEW HOSPITALITY BROCHURE



Spring has finally arrived and it's the perfect time to introduce our updated Hospitality Brochure.

Planning a summer BBQ? Organising a leavers' event? Or maybe you're looking to impress your governors or visitors? We've got you covered!

We've been traveling across the regions, delivering amazing cluster training sessions for our Area Teams, and we can't wait for you to try the new dishes we've added.

Are you a multi-faith school? We've also created a brochure specifically designed to meet the needs of our multi-faith customers.

From breakfast and lunch to summer balls and special events, we've got everything you need. Plus, we offer a wide selection of allergen-free dishes and can tailor our offerings to suit your specific event. **Get in touch today with your Catering/ Area Manager today!**



PSSST... COMING SOON CRAFTED BY MELLORS

We've been creating something special - a heritage food range tailored specifically for our customers in secondary schools, further education, and Business & Industry sites. This unique collection of four exceptional dishes is inspired by our heritage, with a modern twist.

Our Development Chef, Stuart Dale, has collaborated closely with our customers to design something truly one-of-a-kind for Mellors. After extensive testing with a wide range of customers, we're excited to launch this new range in May.



To ensure a smooth launch, all of our catering managers will be invited to regional training sessions to explore the concept and learn all about the range before its release.

PSSST... COMING SOON MELLORS TUK TRUCK



We're thrilled to announce that the **Mellors Tuk Truck is coming to our secondary schools soon!** Packed with a variety of street food from all over the world, we're bringing a fresh and exciting dining experience directly to our students. With a wide selection of delicious dishes, all included within the free school meal price, it's an opportunity to taste global flavours like never before.



TASTY!

As a proud winner of the National Innovative Caterer of the Year award, Mellors continues to lead the way in creative dining, and the Tuk Truck is the perfect example of that. Imagine a lively festival atmosphere mixed with mouth-watering street food—it's going to be a summer of delicious adventure as we bring the Tuk Truck to schools across the North and Midlands!

We can't wait to hit the road and serve up some unforgettable dishes!

COLLABORATION WITH UNIVERSITY OF YORK



I'm excited to share that Mellors Catering Services has been selected by York University to participate in an important nutrition study. The research, titled Fix Our Food, will explore healthy eating interventions in schools and nurseries, as well as food retailing, procurement, and farming practices. Its goal is to tackle issues like childhood obesity, sustainability in agriculture, and global warming. This five-year programme will also investigate how regenerative farming, which focuses on promoting biosystems health, can help create healthier populations and a healthier planet for the future.



UNIVERSITY
of York

We're thrilled to support York University in this initiative, as sustainable and healthy food for children aligns perfectly with our vision. We believe that tasty, high-quality, and sustainable food should be the 'default' and easiest choice for all children in early years and school food systems.

Having integrated plant-based options across our sites two years ago, we've already made significant strides toward this goal, and we're excited to continue expanding our efforts.



WHAT ARE YOU WAITING FOR? QUIZ DANIELLE ON THE FACTS

For customers, parents or carers don't forget them to the Mellors website and our 'ask the nutritionist' section where myself or one of the team would be happy to support.

DO YOU HAVE A QUERY ABOUT ALLERGIES OR SPECIAL DIETS?

Ask
Our Nutritionist
Danielle Watkins
ASK A QUESTION

GET IN TOUCH! WE'D LOVE TO HEAR FROM YOU

NAME* EMAIL*

SUBJECT* YOUR MESSAGE*

ENQUIRY TYPE
General Enquiry

Mellors Catering needs the contact information you provide to us to contact you about our products and services. You may unsubscribe from these communications at any time. For information on how to unsubscribe, as well as our privacy practices and commitment to protecting your privacy, please review our [Privacy Policy](#).

SUBMIT



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 MELLORS CATERING SERVICES



Danielle Watkins
Head of Nutrition & Food Development

Thank you for taking the time to read our Nutrition and Food Development Newsletter. If do you have any questions, please feel free to get in touch at:

 daniellew@mellors.co.uk

Many thanks,

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Head of Nutrition and Food Development

