



POWERING
Performance

OUR food experts

Ensuring that our young people have access to the best food possible is essential. A nutritious diet promotes good health and well-being, both during childhood and into adulthood. However, simply making high quality food available to young people does not ensure that it will be consumed.

By providing young people with easy to understand messages about the influence of dietary choices on personal health, well-being, academic attainment and sports performance during the school day, we can help them make choices in the present that will also have consequences for their futures.



Supporting

students with food that powers performance

As a valued and trusted service provider, our mission is to improve the quality of life of all those we serve. We've combined the latest scientific research in food nutrition and the sociology of food to reset 'how food is done' at school.

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Designing the best food experience

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GEN
Z
born between
1995 & 2012

GEN
Alpha
born between
2013 & 2025




Students' insights

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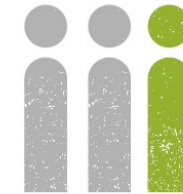
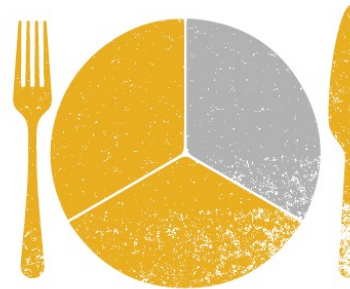
31%  **36%**
of 7-15 yr olds rises to of 10-15 yr olds

look at labels to see what's in the food they eat²

43% 
of parents are concerned about sugar in their children's diets²

38% 
of parents are concerned that their children do not eat enough fruit and vegetables²

2/3 
of 7-15 yr olds try meals they've never tried before²



A third of parents of 7-9 yr olds attach high importance to finding foods with no artificial ingredients¹



Animal welfare is the most common environmental concern for children aged 12-18 (20% of Gen Z believe the world will be meat-free by 2030), followed by climate change and plastic pollution²

76% 
of 18-year olds consider the environment and climate change to be one of their top issues

Young people feel:

- There is limited choice on what to eat to address this
- They want more meat-free options⁴



More than 6 in 10* parents say their children have a meat-free meal once a week³

Students' expectations

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Value a welcoming and **vibrant dining area** that has been designed with their input. It helps them relax and socialise.¹



Are quite realistic about what is practical and appropriate – in fact, they often request more **healthy options**, rather than more treats and restricted foods.¹



Express a strong interest in cosmopolitan and **vibrant foods**, varied ingredients and casual eating options. They want school meals to echo the dishes and serving styles of some of their favourite restaurant brands.¹



Know the importance of eating healthily. They believe that healthy food is best prepared from scratch, and appreciate assistance in selecting **healthy options**, which includes guidance from dining room staff.²



Gen Z cares about society, the planet and **sustainable** food options. They expect the organisations they buy from to care about them too. They're aware of the effect humans have on the environment and expect companies to act responsibly and are prepared to hold them accountable



Make nutritional choices that are good for their brains and bodies, improves their overall **well-being**, regulates their behaviour and lifts performance in the classroom and in other activities.⁴

The

four pillars of Powering Performance

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Guided by insights, Sodexo's nutritional and culinary experts have used the science behind food to create the Powering Performance range of meals as part of a balanced diet. These will help students perform at their very best and get the most out of school life.



FOCUS

to sharpen minds
and provide mental
endurance



STRENGTHEN

to grow and
fortify healthy
bodies



SUSTAIN

to give stamina
for everyday
demands



RECOVER

to mentally and
physically
rejuvenate

FOOD TO SHARPEN

These dishes feature ingredients like quinoa and omega-3 fatty acids from mackerel. Quinoa, for example, contains choline, which the brain and nervous system need to regulate memory, mood and muscle control.



*Kale & Quinoa
Salad with
Grilled Salmon*



FOCUS

to sharpen minds
and provide mental
endurance

FOOD TO FORTIFY

Dishes in this range are designed to help pupils develop physically and mentally. They contain high protein ingredients such as tuna, eggs and kale that are critical for muscle development and function.



*Kale, Sweet
Potato, Quinoa
& Boiled Eggs*



STRENGTHEN

to grow and
fortify healthy
bodies

FOOD TO ENERGIZE

These dishes are designed to help pupils maintain a steady level of energy throughout the day. Ingredients like barley help to release energy from food and spinach helps oxygen reach every cell - they power the body by keeping energy levels high.



Grilled Pork &
Barley Salad with
Potato Lentils



SUSTAIN

to give stamina
for everyday
demands

FOOD TO REJUVENATE

High in vitamins and minerals, such as vitamin C from blueberries and magnesium from chia seeds, these dishes help protect against cell damage and maintain a steady level of energy throughout the day.



*Overnight Oats,
Chia Seeds &
Blueberries*



RECOVER

to mentally
and physically
rejuvenate

HOW

we engage students about their health & wellbeing

Our on-going commitment as your key partner is to listen to clients and students and adapt menus to meet their evolving nutritional needs. Powering Performance is our age-appropriate programme to improve performance across all school endeavours, such as sports, academia, dance and music.

Powering Performance also goes the extra mile in considering the needs of boarders and pupils from diverse cultural backgrounds. By providing a socially supportive dining environment, we can engender a positive relationship between students and a wide range of foods that fuels their performance, now and into adulthood.

To ensure we meaningfully engage students, we encourage them to provide feedback and empower them to work collaboratively with their school chefs. This provides valuable insight that allows us to continually tailor and improve our offer based on their emerging needs and views.



A photograph of three young boys in school uniforms (dark blue suits, white shirts, and blue ties) gathered around a globe in a classroom. They are looking at the globe with interest. The boy on the right is wearing glasses. The globe is the central focus, showing continents and oceans. The background is slightly blurred, showing a colorful poster on the wall and a bulletin board.

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