

Skoolarest

Our clients' safety is our top priority.



“ The moment of eating is much more than sitting in table. **Scolarest** bets on converting noon in **time of coexistence and learning** where transmit and promote healthy lifestyle habits. ”

WHAT ARE WE COOKING FOR MARCH?

Guardians of health

As we're aware of how vulnerable pupils with food allergies and intolerances are, we're continuously implementing and improving the control protocols applied to preparation, in addition to menus adapted to allergies and intolerances.

In order to do so, all our centres have a designated team responsible for diet control: **the Champion**. Their role is to reinforce and ensure the overall communication, control and supervision processes as regards special diets.



Olive oil

Olive oils are a natural product: a "fruit juice".

Did you know...?

The industry in which olives are processed in order to obtain olive oil is called an Almazara. They all have 4 different areas:

1. Patio: Is the area where the olives are brought in.
2. Factory floor: is the area where the olives are processed to obtain the oil.
3. Warehouse or cellar: is the area where all the different batches of oil produced are kept and undergo a maturity and decantation process.
4. Packaging line.



Fish Revolution

At Scolarest, we want all children to learn to eat fish, even outside of school canteens.

This month, we're going to share a simple recipe for Dorada Meatballs, prepared by **Ángel León** and his son.

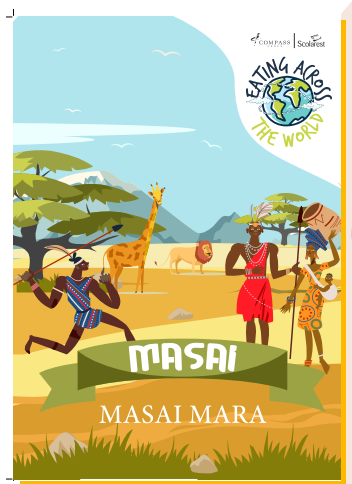
Are you ready to get cooking as a family?
Link to the video:

https://youtu.be/LL95G_MJWjc

Eating across the world

Maasai Mara is a natural reserve located in Kenya, and is famous for its exotic fauna: zebras, wildebeest, gazelles, impala antelopes, hippos, giraffes or crocodiles. And lions, leopards, jackals and hyenas, of course. It gets its name from the Maasai tribe that lives there and from the Mara River that crosses it.

The Maasai predominantly eat milk, butter, blood, honey and meat. Their tradition states that they shouldn't consume milk and blood at the same time, as the consumption of a live and dead animal at the same time is forbidden.



Stop Food Waste

The best-before date and the expiration date on food are two very different things. Products that have past their best-before date are still perfectly safe to eat, as long as the storage instructions have been followed and the packaging is not damaged.

NUTRITIP It's aubergine SEASON

Nutritionists consider it a vegetable and botanists consider it a fruit. Either way, they come in many different varieties: purple, white, yellow, green, striped, long, round...

Aubergines are rich in:

- Soluble fibre to promote healthy intestinal microbiota and facilitate digestion.
- Folic acid, which contributes to regulating serotonin, which is responsible for aiding functions such as appetite, body temperature, sleep and mood.

There's plenty of delicious aubergine recipes: moussaka, fried aubergines served with honey, parmigiana, roasted, pasta alla norma and sponge cake. Yes, you read that right! They're so yummy!

