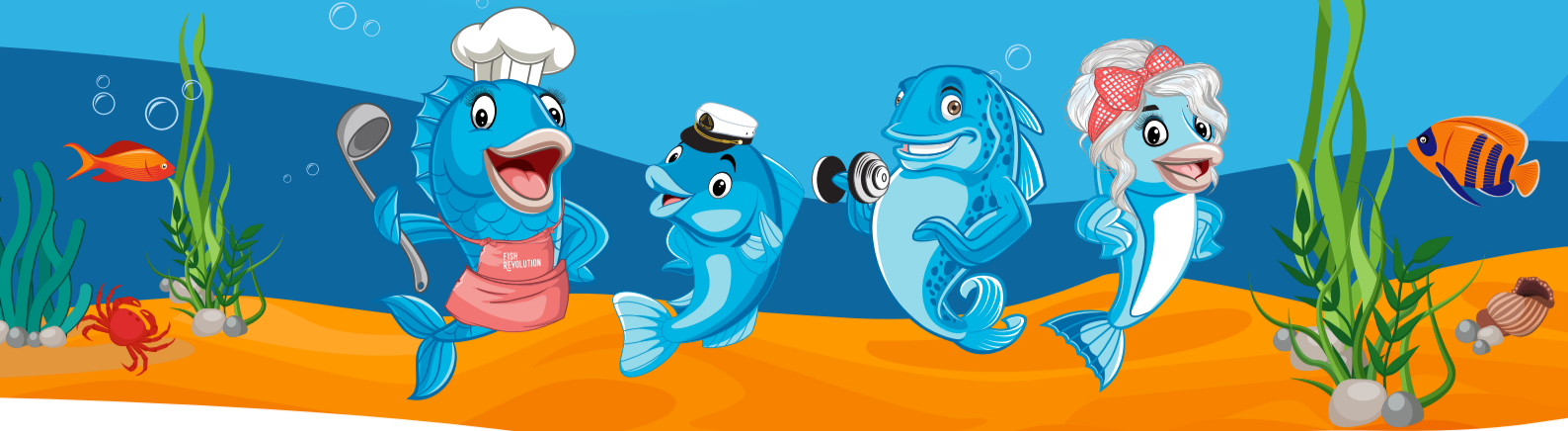


Skoolarest



“Eating is much more than just nourishment: it involves awakening the senses, it means traveling around the world without leaving the table... It involves experiencing, learning and sharing healthy lifestyle habits.”

WHAT ARE WE COOKING FOR JUNE?

Fish Revolution

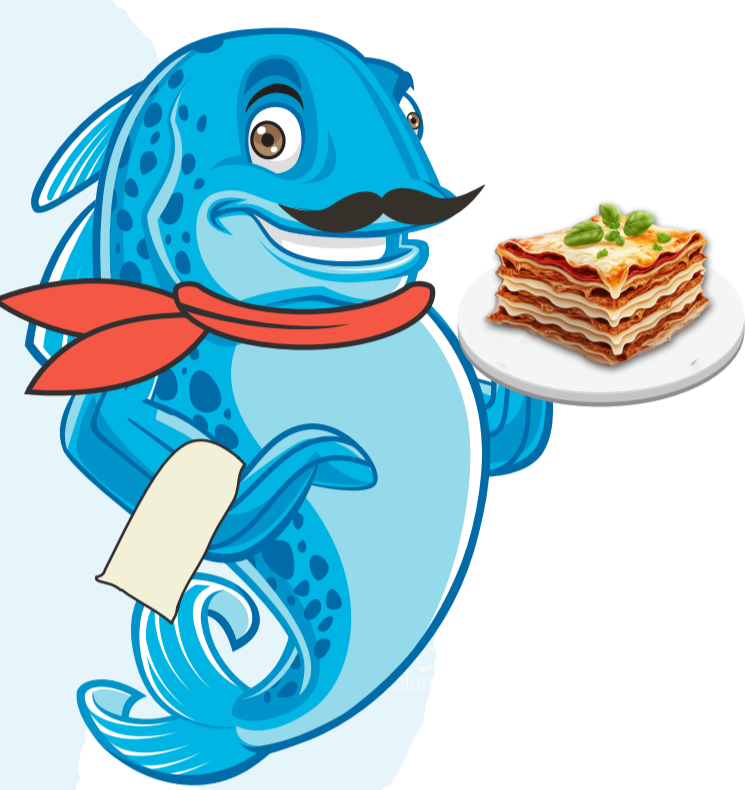
TREAT YOURSELF TO THE NEW FISHLASAÑA!

Fish Revolution was founded with the goal of teaching the youngest among us to eat fish in an exciting way, thus creating a healthy and conscientious diet through innovative textures, real flavors and fun shapes... And now we have the pleasure to exclusively announce that **on June 9** a new member will join the family: **FishLasaña!**

Very soon we will add more varieties to this new product, expanding the array of products already available in Scolarest cafeterias: the FishTortilla, the Hake Noodles, FishPotatoes and Sausage of the Sea.

Remember that these recipes do not aim to replace the seafood that schoolchildren already have in their lunch plans, but rather to increase the amount of fish they eat in their monthly plan.

You'll flip for the fish in the Fish Revolution!



Spanish olive oils

Scolarest cooks its menus with **100% OLIVE OILS** in all its school cafeterias.

Did you know that...

Virgin olive oils are **rich in vitamin E**, which belongs to the group of the so-called fat-soluble vitamins? Due to their powerful antioxidant effect, they protect our body's tissues against substances that can harm it. Therefore, they are **essential for our nervous system, muscles and cardiovascular system to work properly.**

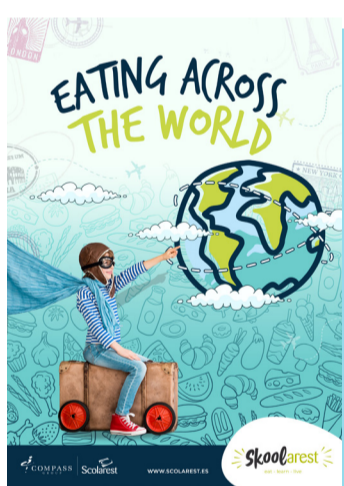


Eating across the world

As a fundamental part of our Educational Project, the "Eating around the world" program **helps schoolchildren to learn about the cuisine and culture of other countries without leaving the cafeteria.** The Vikings, the Mayas, the Cherokees, the Maasai, the Incas... These are just the beginning of a voyage full of new flavors!

Through these workshops, kids will learn a ton of interesting facts and useful information about each culture by playing thanks to our great group of cafeteria monitors. Furthermore, over the days leading to the workshops, kids will have fun preparing the decorative elements that will be implemented in each school that will be implemented in each school with their own hands.

This initiative prepares kids to discover the cuisine of the world in their own way!



Stop food waste

Our Stop Food Waste project has evolved to become global and, as of today, it is implemented in more than 50 countries. Furthermore, in Spain **we measure food waste every day in more than 270 schools.**

To mark this occasion, our executive chefs Paco Ponce and Juan Pablo Hueto are designing a **very special menu taking advantage of 100% of our dietary resources.** The menu consists of a carrot soup with carrot skin chips and crispy artichoke along with orange chicken, while, for dessert, they have prepared orange with honey and fresh mint.

A delight for the taste buds and for the planet's sustainability!



NUTRITIP



Speaking of sustainability through reducing food waste... you'll be pleased to know that, among many others, there are **thirteen fruits and vegetables we use every day whose skins and peels are edible.** In fact, in general, they are higher in antioxidants than their flesh and juice, so don't overlook them... As your grandma would say, you're leaving out the best part!

These are: **Orange, Lemon, Lime, Banana, Kiwi, Mango, Apple, Cucumber, Pineapple, Watermelon, Grapefruit, Eggplant and Carrot.**

Use your imagination and prepare tasty recipes with them this summer, add flavor to your teas and decorate your own highly original desserts!

Feeling hungry? Follow us on our social media and learn about our tips, interesting facts and latest cooking trends before anyone else.

BE KOOL!