

Recommended

5 portions of FRUITS & VEGETABLES every day



YOUR DAILY REFERENCES



- energy 2000 kcal
- total fat < 70g
→ saturates < 20g
- carbohydrates > 260g
- sugars < 90g
- protein 50g
- salt < 6g (NHS)

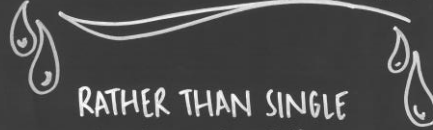
a taste of the East



100% of our milk is from British Farms.

⇒ EAST ANGLIAN dairies when possible.

OUR WATER



RATHER THAN SINGLE USE GLASS BOTTLES, WE REUSE BOTTLES FROM OUR WATER FILTRATION SYSTEM. THIS MEANS...



zero food miles!



ALL

whole eggs

are

FREE-RANGE

Sustainable FISH

WE HAVE SIGNED UP TO THE 'SUSTAINABLE FISH CITIES' PLEDGE. WE PROMISE TO ONLY WORK WITH SUPPLIERS WHO SELL ONLY SUSTAINABLE FISH. OUR CHEFS USE 'MARR FISH' TO SOURCE 70% OF THE FISH WE USE



ALL OUR

TEA & COFFEE IS TRIPLE CERTIFIED AS ORGANIC, FAIRTRADE

& RAINFOREST

ALLIANCE CERTIFIED



Homerton College Catering have been winners of the **SILVER SUSTAINABLE AWARD** from Cambridge sustainable food.