

**HEALTHIER SCOTLAND AWARD  
PRESS RELEASE**



*May 29, 2009*

**HEALTHY EATING ACCOLADE PROVES DONALDSON'S HAS RECIPE FOR SUCCESS**

Donaldson's School in Linlithgow has beaten off stiff competition from the private sector to win the Healthier Scotland Award in the CIS Excellence Awards 2009 – the first time a school has ever won. Runners-up in the category were Brockies Lodge Hotel in Kiltarlity and Fraser Adam, Aramark for Chevron North Sea.

The category is one of the most hotly-contested in the prestigious awards scheme which is organised by Catering in Scotland magazine and the Federation of Chefs Scotland. Donaldson's was recognised for its achievements in supporting and promoting healthier eating, and the efforts of school chef, Peter Anderson, and his kitchen team, in making healthy eating fun.

Following a complete review of the school's catering provision; many new initiatives were put in place including a ban on processed food and the introduction of exciting new healthy menus using organic, free range and locally sourced ingredients. The result was a staggering 80% increase in the uptake of school meals and the involvement of pupils, staff and parents in keeping the momentum alive. Now the principles of healthy eating are incorporated into all aspects of the school curriculum, teaching young people the importance of nutrition; involving them in menu choices; encouraging understanding of the importance of fresh foods and even growing organic produce that is used in the kitchen.

Commenting on the award, school Principal, Janice MacNeill, said: "Mealtimes are now a highlight of the school day and this is a fantastic accolade for our chef, Peter, and his team. They have worked really hard to make Donaldson's part of a 'healthier Scotland' and recognition of this by the wider Scottish hospitality industry is tremendous."

Donaldson's chef Peter Anderson says; "I try to include all food types, flavours and textures to keep the children interested. I believe in treating children as small adults letting them eat and discover 'real food' which is not disguised as something else. My goal is that all the food at Donaldson's is progressive, exciting and fun for the pupils."

Donaldson's is one of the seven Grant Aided Special Schools (GASS) supported by the Scottish Government. Donaldson's provides education, therapy and care for day and residential pupils who are deaf or have speech and language difficulties. Donaldson's is a bilingual community encouraging the use of both British Sign Language (BSL) and English, catering for children of all ages from all over Scotland and the north of England.

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#### Notes to Editors

- Many of Peter Anderson's recipes feature in the Donaldson's Cookery Book alongside favourites from famous faces such as Gordon Brown and Alex Salmond. Copies of the cookbook, which can be ordered via [www.donaldsons.org.uk](http://www.donaldsons.org.uk), cost £8.00 with the proceeds going towards the creation of a sensory garden at the school.
- The CIS Excellence Awards were founded in 2004 to recognise and reward excellence in the catering, hospitality and tourism industries

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