

WORD of MOUTH

THE FIGHT AGAINST FOOD WASTE: A PRESSING PRIORITY

Teaching children and teenagers not to waste food is part of our commitment to make the world a better place! This is an important goal intended to encourage our young diners to become true eco-citizens.



When it comes to protecting the environment, we often hear people say that children are the future, not only because they have not yet formed their habits, but also because they are the leaders of tomorrow. Ready to take real action, young people tend to be very engaged and aware of the issues surrounding waste.

**For some years now,
we have been working to encourage our
diners to adopt an environmentally-friendly
mindset and habits.**

Given that the economic, environmental, ethical and social consequences of wasting food are so acute, it is crucial we take immediate action. As good waste is waste that doesn't exist, raising awareness about this issue amongst young people has become a real priority for our team.

KEEPING WASTE TO A BARE MINIMUM

To achieve this, our team organises and implements simple and clear awareness and common-sense initiatives throughout the school year. Our 'Stop Waste!' initiative, for example, teaches young people to take responsibility and adopt good habits at school and at home. As part of this, we ask them to only put on their plates what they are going to eat and have also launched the 'Bread Waste' drive, which encourages them to put leftover bread in a transparent bin, this allowing them to see how much bread has been wasted. Another trick we have come up with, which is both healthy and environmentally friendly, is to put aside leftover baguettes so our chefs can use them to make delicious French toast, breadcrumbs and bruschetta.

LET'S TALK...

RESPECT THE PLANET!

Get ready for our 'Responsible Eating' programme, which is set to launch in November.

This will include 'responsible' menus and information signs in the self-service area, as well as initiatives to raise awareness about waste and the importance of sorting and recycling!



FOR THE PLANET!

WHEN YOU'RE OUT FOOD SHOPPING!

Autumn is here and the days are getting colder. To make sure you stay in shape and get all the vitamins you need, opt for delicious seasonal fruit and veg:

VEGETABLES :

Beetroot, **brocoli**, carrot, **cabbage**, squash, **celery**, spinach, leek, **salsify**...

FRUITS :

Chestnuts, fig, **pear**, persimmon, **plum**, grape, **apple**, datte...

WORD of MOUTH

For children

Discover all the secrets
and benefits of
different types of food,
have fun and follow
a recipe to impress
your family!

 ECO-CITIZEN TIP

You have
your part
to play in
the fight against
global
warming

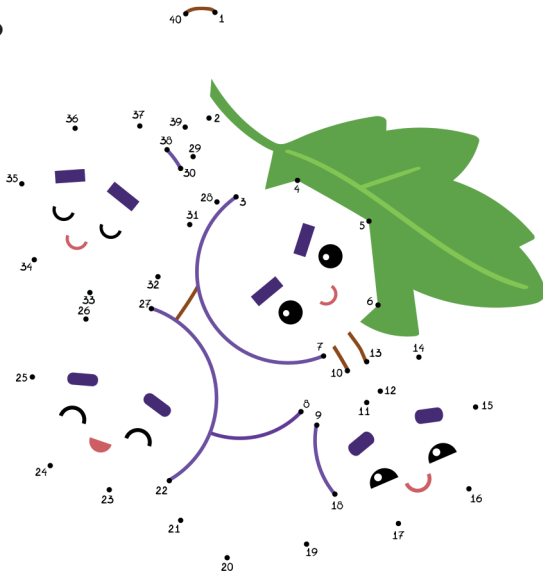
Global warming is measured by scientists who record temperatures all over the planet year after year. The results of their research are unanimous – the atmosphere and oceans all around the world are warming. As a result, between 2009 and 2017, Antarctica lost 252 billion tonnes of water each year*! This is not a naturally occurring phenomenon and is caused by polluting gases which we release into the atmosphere through factories, transport, agriculture, etc. Going to school on your bike or scooter, walking rather than going by car, putting on a jumper rather than the heating... there are so many ways to reduce your contribution to climate change!

*Source: Proceedings of the National Academy of Sciences of the United States of America 2017

 YOUR TURN TO PLAY!

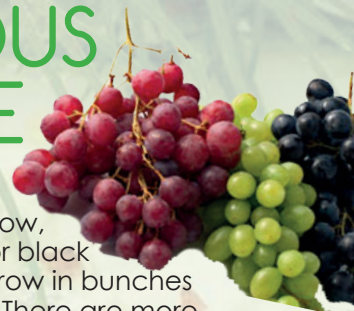
WHAT DO YOU
THINK YOU'RE
GOING TO REVEAL?

CONNECT THE DOTS
TO FIND OUT



 VEGETABLE OF THE MONTH

THE FAMOUS GRAPE



Grapes are yellow, purple, green or black berries which grow in bunches on grapevines. There are more than 100 varieties! It is one of the most widely-grown fruits in the world. Although grapes are mainly used to make wine, they can also be eaten fresh or dried as raisins, or used to make grape juice and grape seed oil.

FULL OF NUTRITION

Grapes are extremely healthy and will give you a good boost of energy due to the fact that they are rich in sugar, vitamins A, B and C, minerals and trace elements, such as calcium, iron and magnesium! A small bunch of grapes has the same number of calories as a single banana!

A ROYAL FRUIT!

It wasn't until the 16th century that fresh grapes started appearing on tables, with them soon becoming the favourite dessert of the Kings of France, especially Francis I. Until then, they were only used to make wine. In fact, winemaking or vinification, the process of turning grapes into wine, has existed for thousands of years..



WHITE GRAPE TART

Ingredients :

- ✓ 1 pack of shortcrust pastry
- ✓ 550g grapes
- ✓ 3 eggs
- ✓ 50g sugar
- ✓ 10cl creme fraiche



Preparation
30 minutes

Cooking time
40 minutes

To be done with an adult.

1. Lay the pastry in a tart mould and prick using a fork. Place in an oven, preheated to 180°C and bake for around 10 minutes.
2. Mix the eggs, sugar and creme fraiche together.
3. Pour the mixture into the mould containing the pastry.
4. Wash the grapes, cut them from their stalks, dry them and then place them on the mixture.
5. Place in an oven preheated to 200°C and bake for 35 minutes.

Ready! Enjoy!

