

Sustainable food

Col·legi Sant Roc

School garden



We have a school garden. We plant vegetables, fruits and aromatic herbs and take care of it all the year all courses.



Visit a local farm

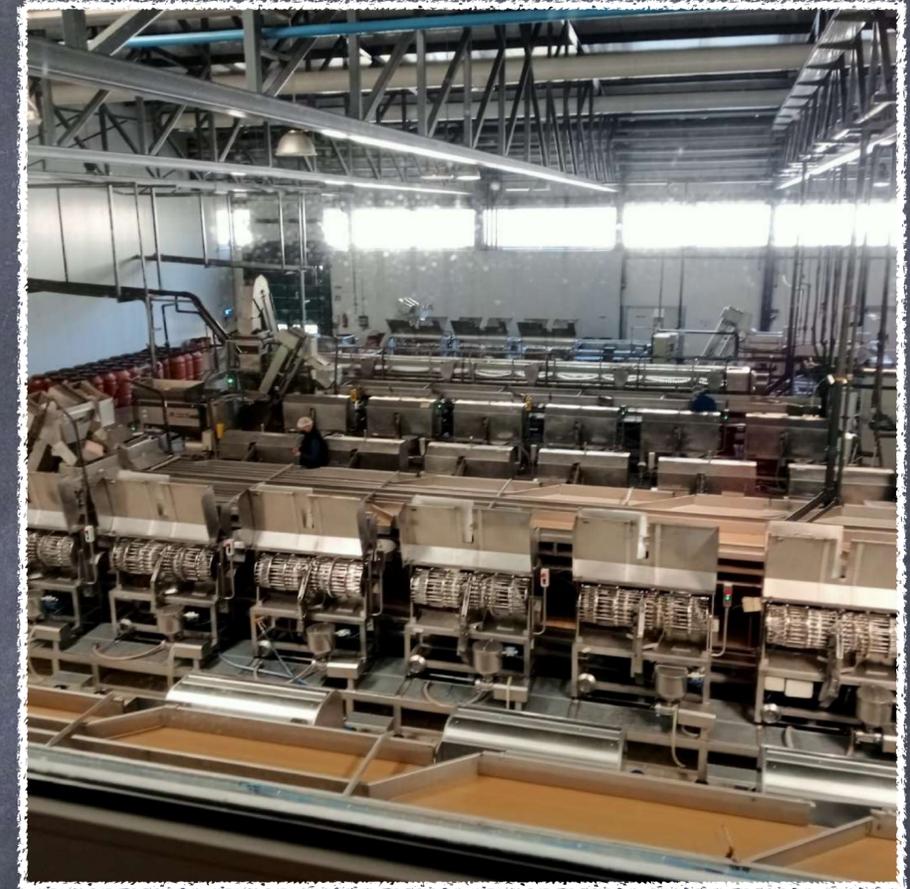
- Our students learn how they can pick olives.



• Then, they went to an olive press to learn how can get olive oil.



• And at the end of the course, they went to a factory to know the way to get olives.



Masterchef

- We went to a market to buy ingredients and then they made a healthy breakfast.
- An influencer, a cooking teacher and a 2 michelin stars cooker, judge the dishes and decided the 3 winners.



Making school seed banks.

- We harvest seeds to use the next year.



Making a meal produced from school garden

• BORRETA



Ingredients for 4 persons:

- fresh spinach 300gr
- Cod crumbs 300gr
- Potatoes 4
- "Ñora" (sweet dry peper) 2
- Onion 1
- 3 garlies
- Tomatoe 1
- Paprika 1 spoon
- Eggs 4
- Salt
- Black pepper
- Olive oil
- Water 1,5L

Recipe

- Time: 40 minutes .

- Steps

- Leave the cod to soak

- Sauté the cod with olive oil

- Laminare 3 cloves of garlic and add to the pot

- Add the crushed tomatoes

- Then, 1,5L of water, the onion and ñoras and cook 10 minutes on a slow heat

- Now, add 4 chopped potatoes and cook 20 minutes on a slow heat

- Add the fresh spinach. When everything was reduced and cooked add the cod 1 minute aprox.

- At the end, add one egg per person (no remove).

- Serve immediately

Standards and norms for school nutrition

- European regulation 852 of the 2004.
- RD 3484/2000 and 17/2011 Regulation of schools canteens.
- What kind of meals? Starters: vegetables. Main course: protein. Desert: fruit. Mostly: traditional food, mediterranean diet and balances diet.
- New regulation in Comunidad Valenciana 84/2018. At least 15% of ecological food (next year 20% and the other one 25%) and 50% of local food (80% in 3 years).
- Add sugar in menus is totally forbidden.