



MEDIA RELEASE

GREAT FOOD FOR GREAT WOOD

Mitchells of Lancaster recently went to Great Wood School to demonstrate the importance of healthy eating for children and to educate them on how essential it is to eat properly.

Harvey Jones, award winning chef and Catering Development Manager at Mitchells Chef of the Year Craig Johnson, went along to meet the children and show them that healthy foods don't necessarily have to be boring or tasteless.

Harvey showed the children a variety of fruit and vegetables, teaching them about different tastes and textures and explaining the benefits of eating them. He produced a cous cous, banana, pepper and raisin salad with the children to show them how easy it is to make and how good it is for them to eat freshly.

John Ross, Head Teacher of Great Wood said, "I'm really pleased with the work that Mitchell's have done with the children. We have been helping the children understand the importance of healthy eating, encouraging them to eat healthy meals, trying new things at school dinners or in their packed lunches. It is exciting for the children to have a real chef saying the same and offering them the chance to taste different things."

Harvey also let some of the children help him prepare some dishes in the school canteen, which then everybody sampled. Mitchell's are hoping to roll out the demonstrations to local primary schools in the area to promote healthy eating, as well as to high schools to encourage pupils to consider becoming a chef as a career.

Mitchell's of Lancaster is still a family owned, traditional pub company retaining family traditions and core values for great service and quality cask ales which echo their founder all those years ago.

The Mitchell's estate comprises of sixty pubs and five individual hotels, which vary from city centre venues, quality food houses and local pubs at the heart of the community. Together, they cover the city, coast and countryside of North Lancashire and South Cumbria.

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For more information contact Harvey Jones on 01524 596000.