

University catering service wins Food for the Brain award

The University of Edinburgh's catering department has won an accreditation from national charity Food for the Brain for the food it provides to students.



This is the tenth year they have won an award and they are the only team in a Scottish University to hold an optimum nutrition award.

"Food for the Brain is delighted to award the University of Edinburgh's Accommodation, Catering and Events team our accreditation", says Jenna Mosimann, chief executive of Food for the Brain Foundation.

"This accreditation recognises that the University of Edinburgh team offers nutritionally well-balanced menus that support energy, concentration and performance and help promote better mental and physical well-being."

University catering staff have also completed training on allergens in food and nutrition, including guides to sourcing food locally.

The university also has a cookery school encouraging students to cook more nutritional meals for themselves. Since it was launched in 2014 the initiative has proved very popular.