

Is your or your child's school or university delivering food for the brain?

Last month saw the spread of Food for the Brain beyond schools, as the University of Edinburgh became the first university to achieve Food for the Brain status. This is an unprecedented move towards healthy eating in the higher education sector and highlights the importance of good nutrition to boost mental performance and wellbeing at every stage of learning - and beyond.

Accreditation was achieved by undertaking a Nutritional Audit conducted by [The Russell Partnership](#), the UK's largest catering, food service and conference consultancy group, who have been working closely with the Food for the Brain team of experts. A number of universities have undertaken a Nutritional Audit but Edinburgh is the first to reach the stringent standards required for Food for the Brain status. It is thought that other universities across the UK are now chasing at their heels to match their achievement as this sets a new standard within this catering sector. The audit was led by Fiona McDonald Joyce, one of my Food for the Brain nutritionists and the Russell Partnership's Nutrition Consultant, who told me:

'When we first inspected the Edinburgh's catering standards there was a great deal of work to be done to remove many of the processed foods which are high in hydrogenated fats, refined flour, sugar and additives. The catering team were incredibly enthusiastic about the project however and set about implementing our recommendations; including conducting in-house staff training on the Commercial Application of Nutrition. The results on reappraisal were extremely impressive - the University of Edinburgh now has an exemplary menu and food policy that meets the nutritional needs of its students and staff.'

Good nutrition plays a crucial role in learning by improving energy levels and concentration, as well as helping to boost memory and brain function and even improve your mood. Educational institutions and businesses are now recognising the need to make nutritious meals and snacks available on-site in order to improve students' and employees' academic and professional performance. [Food for the Brain](#) with assistance from consultancy firm [The Russell Partnership](#) is leading the way in enabling institutions to improve their catering standards through Nutritional Audits and Workshops on the Commercial Application of Nutrition.

Click [here](#) for more information on how [Food for the Brain](#) could help your child or your school, or even your university or your company.