

Children's favourite, healthy enough for school

Although french fries are high on the wish list among children, so long they have not been served in Swedish schools. The reason is obvious, health. A school must serve a varied diet and no unnecessary fats, which traditionally deep-fried french fries do not live up to. But now there's an oven that will fulfil the children's desire and the school's requirements for health and environment. The oven LightFry fries with air instead of oil, which brings half as much fat without sacrificing the crispness, flavour and feel.

First up is a school that has won several awards for best school meal, Engelbrektskolan in Borås, Sweden. They invited the manufacturers EatGood behind the oven with healthier french fries. On June 7th 2012 there will be a guest appearance with grilled burgers, salad and french fries for lunch.

- I tasted french fries made in the LightFry oven a few weeks ago and this is what french fries should taste like, says Christer Lindell, one of the chefs at Engelbrektskolan.

According to Christer, it's always a balancing act between getting schoolchildren to eat well and healthy. - What I mean is that if we only have classic "healthy meals" some children don't eat it, and that's not good. We try to compose a balanced lunch that most people like to eat. One example is that we place the salads first so there's plenty of room on the plate for salad and we have noticed that the children eat more salad this way.

- Almost all children like french fries. Now we are able to offer the children a healthier option and we think it's going to be fun to try it.

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