

# 7 GREAT REASONS WHY

## SCHOOL LUNCHES ARE BETTER FOR YOU & YOUR CHILD



**1** If your child is in years R, 1 or 2 or eligible for a free school meal they can have a meal for free.

*Saving hundreds of £'s every year.*



**2** No matter which year, they will be offered a nutritionally balanced meal full of goodness.

*All our menus are checked by our nutritionist.*

**3** Your child will get the option of a freshly made, hot meal every day, with portion sizes that reflect their age.

*Even paying for lunch can be cheaper than packed lunches.*

**4** We have a range of exciting Special Days and Theme Days which make dining both fun and educational.

*Our Eat the Rainbow activities help children understand the benefits of the different food colours.*

**5** Our meals come with zero packaging, using local suppliers and fresh produce.

*No plastic bags or crisp packets, so much better from a sustainability perspective.*

**6** They can eat with their friends, building great social relationships.

*The evidence shows well-fed pupils perform better*

**7** We are able to provide a range of meals to meet our diverse customer base.

*If you are unsure, please ask at the school office or speak to our chef manager*

**Just listen to what some of our customers say:**

*'The kitchen staff are really friendly and always make sure there is something for me'*

*'We get fresh bread every day'*

*'I can eat with my friends'*

*'It's really nice food, better than home!'*

*'The food is yummy!'*

**SIGN UP AT YOUR SCHOOL OFFICE FOR SCHOOL LUNCHES AS SOON AS POSSIBLE**