

# Calling all Parents!



Look how your child can benefit from a free school meal *and* save on your household budget too!

**Universal Infant Free School Meals** means if your child is in reception, year 1 and year 2 they are entitled to a school meal everyday - **FREE!**

Ask in school for more details.

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## The benefits of your child having their free school meal

- Your child will receive a delicious two course meal that is nutritionally balanced, containing at least two of their five portions of fruit and vegetables per day.
- School menus contain plenty of fruit and vegetables - at least one portion of fruit and one portion of vegetable so at least two of the child's 5 a day.
- Research suggests that eating a balanced meal at school can help improve children's concentration levels and therefore children's attainment levels.
- A member of staff will make sure your child can have a meal they enjoy every day.
- Saves the time it takes to prepare a packed lunch in the morning, and money too.
- Your child will enjoy a wide range of tastes and flavours. New seasonal menu items will be introduced throughout the year.
- Teaches pupils important social skills of sitting and eating a meal with others in a relaxed atmosphere.
- School meals are fun and educational. Planned events and promotions keep lunchtimes exciting.

