

ENCOURAGING
SCHOOLS
ACROSS THE
COUNTRY!

During **NSMW**
National School
Meals Week a
member of LACA
(Lead Association for CATERING in Education)
will be running

5 marathons
in 5 days!

'powered by
school meals'



KICK START YOUR
EXERCISE
CAMPAIGN TODAY



NSMW
EATING BETTER
TOGETHER 2017

ARE DOING
THEIR BIT...
...WHAT CAN

YOU DO?

Sponsored by

Kraft Heinz
FOODSERVICE



Name: _____ School: _____ Date: _____

Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs!

MONDAY

SCHOOL MEAL

What did you choose today?

What food did you choose?

TUESDAY

SCHOOL MEAL

WEDNESDAY

SCHOOL MEAL

What did you choose today?

What food did you choose?

THURSDAY

SCHOOL MEAL

FRIDAY

SCHOOL MEAL

What did you choose today?

What **EXERCISE**
have YOU done today?

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have YOU done today?

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What **EXERCISE**
have YOU done today?

WELL DONE! ★
for being active...

KEEP IT UP! ★
You're doing great!

WHAT A STAR! ★
You're smashing it!

AMAZING! ★
Keep on going!

OUTSTANDING! ★
You're a winner!

STRETCH ... WALK ... RUN ... HOP ... JUMP ... SKIP ... JOG ... SWIM ... DANCE