

**Get involved in National School Meals Week 2021 8th – 12th November, let’s get children back to eating hot meals at lunchtime with the School Tucker Trial**

LACA looks forward to more children being able to celebrate the event this year as restrictions are eased and children can socialise and eat together again. For 2021 we are introducing ‘The School Tucker Trial’, the aim is to get as many children as possible back into the dining room and enjoying school meals together. With the event coinciding with the popular TV programme ‘I’m a celebrity’ our campaign will make school meals fun, relevant and enjoyable to all students. They can collect stars as they stay for meals throughout the week.

***Run the Tucker Trial Passport promotion***

In the spirit of I’m a Celebrity children can collect stars for the days they stay for a lunch. You could run a prize draw and pick out the lucky winners. We have created a passport you can download and print for FREE.

**5 NEW themed events for NSMW2021**

You can run as many themed promotions as you want, they will fit around your existing menu or give you freedom to be as creative with food as you like.

**Mix it up Monday**

We are asking schools to create a fun day with a menu packed with fruit and vegetables. It is a great opportunity to demonstrate that vegetarian dishes are exciting and tasty. You can mix up the menu with plant based alternatives to children’s favourite products and dishes.

**Food = Fuel (for learning, work and play)**

Following the disruption to education over the past 18 months, the importance of nutrition and education can never be underestimated. We are asking school caterers to create a menu and showcase all the important food groups, protein for strong bones and body, carbohydrates for energy etc.

**Ahhhhh The Great British Roast Dinner**

This day highlights local produce and farm assured meats, plus we look to showcase a vegetarian alternative to keep the day inclusive for all children. The Roast Lunch remains one of the highlights of the school menu each week.

**Plant Based Power lunch**

Choosing plant based days on a school menu can have a huge impact on the environment and the wellbeing of children. This year we want to promote all of the benefits to children and school caterers. We really want to pass this message on, the power of a plant based diet should never be underestimated.

**School Food Challenge**

The last day of the week is a fun day to educate children where their food comes from and how it is grown. It is a great opportunity for school caterers to create dishes with hidden fruits and vegetables to help children achieve their 5 a day. This event will also teach children about farming too.

**Get involved on social media**

Please share your celebrations using the social media links below. We are here to help you get as much publicity as possible for your events.

Facebook @nationalschoolmealsweek

Twitter @NSMW @LACA\_UK

Instagram #nationalschoolmealsweek laca\_uk

Use the hashtags #NSMW2021 #LACA\_UK #tasteforyourself #schooltuckertrial