

CHILDREN'S FOOD TRUST

Eat Better Do Better

As your child starts school there are lots of decisions you will have to make. One of the most important is what they will do at lunch time. So why should you opt for the school meal? Here are some of the main reasons:

- Your child's school meal will be nutritionally balanced to give the right amount of nutrients essential to support healthy growth.
- Children Young People & Children Catering Service provide school meals that meet the governments food group and nutrient standards ensuring meals are low in fat, salt and sugar and high in fibre.
- School Meals develop children's social skills and help your child to learn about using cutlery properly and safely.
- Your child will learn how to talk to others while having a meal and make new friends. This will help your child grow in confidence.
- It can be difficult to get children to try new foods. At school we let them try small portions of food to see if they like it and if so they can have more.
- Teaching and supervisory staff are on hand to encourage children to eat up their lunch.
- Catering staff quickly learn what children like and they will ensure that no child goes hungry.
- A balanced lunch is the best way of ensuring children are attentive and in the best frame of mind to learn in afternoon