

Chartwells

So much more than fantastic food

Chartwells' are passionate about encouraging and enabling more children to make healthy choices, live a healthy lifestyle and enjoy a healthy balanced school meal

Do you want to save time and effort?

Thought about switching from a home packed lunch to a school meal?

Here are 5 reasons why our school meals are beneficial!

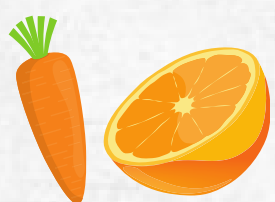
98% of pack lunches fail to meet nutrition standards

1

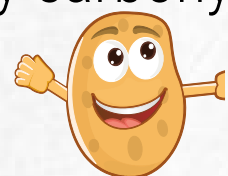
Our dedicated team of Nutritionists work hard to ensure we are always considering **children's nutritional needs** and meeting the **Government School Food Standards**.

Every Chartwells school meal will offer:

2 of 5 a day



Starchy carbohydrate



(for energy)

Protein



(growth & repair)



2

Chartwells' desserts have 33% reduction in sugar exceeding the Government sugar target.

Achieved by **reformulating recipes**, increasing **fruit content** and **working with our suppliers**

We have at least 2 fruit based desserts per week, which contain 50% fruit!

Don't Forget! To look out for the Nudge Nudge logo designed to subtly encourage positive nutrition choices.

As these dishes have gone the extra nutritional mile.

3

Regardless of household income, school meals are **always free for Reception, Year 1 and 2**.

Just ask your **school office** to sign your child up today!

4

A healthy school meal provides the appropriate nutrients and energy for a child, which may help to improve **behaviour, concentration** and **pupil performance!**

5

We have a 3 week menu cycle, with **at least 3 different options a day**, exposing children to a **variety** of tasty foods!

Dining-style eating experiences are great for **social development** and can help children **try (and eat)** a wider range of foods. **Reducing Fussy Eating!**

It can require **up to 15 exposures** of a new food before a child trusts it, and a further **10 to 15 exposures** before a child likes the food

