EATING SCHOOL LUNCH IS BETTER FOR YOUR CHILD



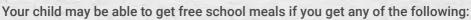
Did you know only 1% of packed lunches meet the nutritional standards that currently apply to school food? 5 reasons school lunches are better;

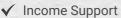
- ✓ Save time & money
- ✓ Nutritionally better than a packed lunch
- ✓ Promotes a varied diet & encourages new tastes
- ✓ Inclusivity, dining with friends
- ✓ Help academic attainment by being linked to improved concentration

CHOOSING A SCHOOL MEAL COULD SAVE YOU UP TO £11.70 PER WEEK:

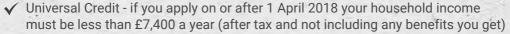
AVERAGE SCHOOL MEAL COST £2.23 AVERAGE PACKED LUNCH COST £4.57

FREE SCHOOL MEALS





- ✓ Income-based Jobseeker's Allowance
- ✓ Income-related Employment and Support Allowance
- ✓ Support under Part VI of the Immigration and Asylum Act 1999
- ✓ The guaranteed element of Pension Credit
- ✓ Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- ✓ Working Tax Credit run-on paid for 4 weeks after you stop qualifying for Working Tax Credit



Children who get paid these benefits directly, instead of through a parent or quardian, can also get free school meals.

Find out how to apply on your local authority's website or contact your school

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