

SCHOOL LUNCH VS PACKED LUNCH

There are many benefits in having a school lunch rather than a packed lunch...

Health

Our school lunches meet and often exceed School Food Standards which ensure that children are provided with the balance of nutrients needed to support optimal growth and learning. Our service includes plenty of fruit and vegetables, unrefined starchy foods, milk and dairy, and sources of protein. Packed Lunches contain higher amounts of saturated fat, added sugars and salt and lower amounts of vitamins and minerals than recommended. Our Nutritionist compared two typical packed lunches to a Radish school lunch and found the following.

- A shop bought sandwich, drinks pouch and packet of crisps has very high fat content and over three times the recommended salt.
- A homemade cheese sandwich, banana, yogurt coated fruit and drinks pouch has almost the maximum saturated fat and five times the sugar than a school lunch and over two and a half times the recommended salt.

Variety

School dinners offer your child a variety of different foods, which may encourage them to try new things, especially if their friends are happily eating it!

Convenience

They spare you the time and stress of having to prepare a packed lunch every day.

Social skills

School lunches provide the opportunity for pupils to sit down and enjoy their meal whilst developing social skills that will be very important later in life.

WE CATER FOR SPECIAL DIETARY REQUIREMENTS

If your child has a specific dietary need, for a medical reason, we would be very happy to provide for them.

The school will send a dietary safeguarding form at the beginning of the new school year. We ask that you fill this in, attach a letter of confirmation from a medical professional, i.e. a GP or dietician, and return it to the school office – then we'll do the rest.

If you want more reassurance regarding your child's lunch our Nutritionist Sarah is able to come to school and meet with you personally.



We do not permit the use of any nuts or peanuts, and our schools are not able to purchase nuts or peanuts of any kind from our suppliers.

If you would like more information on any of the items within this flyer, or you have questions regarding any other school food matter, please do get in touch by emailing us at:

catering.admin@radishallgood.com

Once you have tried our service, let us know what you think! Drop us an email on the above to tell us about your dining experience. We're always happy to hear feedback on our service.

Thank for your time! We look forward to welcoming you and your child(ren) to our lunchtime experience.

Did you know that all Reception, Year 1 and Year 2 children are entitled to free school lunches?

You could save over £400 per year, by not producing a packed lunch.

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