



# Your child can now enjoy school meals for FREE!

FROM  
SEPTEMBER  
2014

## Why choose a free school meal?

- children who eat better, learn better  
research reveals that where all children eat school meals they are months ahead in their school work
- schools meals are nutritionally well balanced  
children are more likely to eat vegetables than less healthy foods, such as crisps
- it's easier than making a packed lunch and almost always better
- your family can save up to £400 a year!



## Universal Infant Free School Meals – for Reception, Year 1 and Year 2

# Universal Infant Free School Meals

**From September schools will be offering all children in Reception, Year 1 and Year 2 a hot nutritious meal every day during the school term – for FREE.**

## **Improving your child's performance at school**

The government are introducing Infant Free School Meals following an independent review of school food which found that where all children had been given a free school meal they were months ahead of their peers in their school work.

## **Helping to reduce obesity**

There's also evidence that a balanced school meal at lunchtime will mean your child is more likely to eat vegetables and less likely to eat unhealthy options, such as crisps, which will encourage better eating habits and help them avoid obesity.

## **Offering quality and choice**

Schools will be following guidance set out by the government which means quality ingredients and a meat and vegetarian option. And, if your child has special dietary needs, schools will try to cater for those too – if you notify them in advance.

## **You'll also be saving up to £400 a year!**

And reduce the time and effort you spend assembling lunch boxes.

## **Can my child still bring a packed lunch from home?**

Yes, but don't forget that research tells us that just 1% of packed lunches are nutritionally balanced. You will probably find that your child is happier to eat schools meals if their friends are eating them too.

## **What do I do?**

You don't have to do anything. Your child will be able to enjoy free school meals from the start of the Autumn term.

**If you have any questions please talk to your school or go to [eastsussex.gov.uk/schoolmeals](http://eastsussex.gov.uk/schoolmeals)**