

REMEMBER

All KS1 and KS2 pupils are entitled to free school lunches!



BENEFITS OF SCHOOL MEALS VS PACKED LUNCHES

Balanced Nutrition: School meals must meet specific nutritional standards, including servings of fruit, vegetables, protein, dairy, whole grains, and an 'all you can eat' salad bar.

Convenience for Parents: No need to prep lunches daily—saves time, especially in busy households.

Cost-Effective: School meals are free for reception up to year 6, which saves approx. £551 per child per year rather than buying ingredients for packed lunches.

Exposure to New Foods: Kids may try a wider variety of foods at school than they would at home.

Supports Routine & Equality: Everyone eats the same type of meal, which can reduce lunchbox comparisons

Food Safety: Meals are stored and served under proper conditions—less risk of spoilage compared to a packed lunch sitting in a backpack for hours.

