

EATING SCHOOL LUNCH IS BETTER FOR YOUR CHILD

MAKE
GOOD CHOICES.

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

Your child may be able to get free school meals if you get any of the following:

- ✓ Income Support
- ✓ 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
- ✓ Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

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

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

School Meal/Packed Lunch cost comparison provided by schoolhealth.uk July 2022