

HEALTHY EATING PROMOTION

Good nutritional choices are vital to students' health, academic achievement, and wider performance at school. Our Healthy Swaps campaign encourages the uptake of healthier items by providing suggestions for more nutritious options that are readily available.



THEME DAYS

Keep an eye out for our regular Theme Days and Pop Ups featuring fantastic flavours for students to try including our Taste of Greece, May The Fourth Be With You and Veganuary!



MINIMISING OUR ENVIRONMENTAL IMPACT

We ensure that we minimise our environmental impact wherever possible, initiatives include:

- ✓ Managing & reducing food waste
- ✓ Reintroducing ceramic crockery & metal cutlery whilst using compostable or recyclable food packaging where applicable
- ✓ Menus using seasonal produce
- ✓ Using free-range eggs & local suppliers to reduce food miles
- ✓ Sourcing responsibly by using Red Tractor certified meat and Marine Stewardship Council fish (MSC)



BETTER FOR THE PLANET & BETTER FOR US

As part of our carbon reduction strategy, we have moved to less carbon-intensive meats and introduced our **Green Earth Monday** initiative where all dishes served every Monday contain plant-based proteins. Plant-based proteins provide many nutritional benefits including:



ALLERGEN MANAGEMENT

At Taylor Shaw, all our colleagues are trained and up to date with allergen procedures and will provide accurate allergen information to your child.



SOCIETY ST KITCHEN

eat.drink.together

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? Five 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

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.

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

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

www.taylorshaw.com

Taylor Shaw
Seeing food differently