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**Food for Life** at  
<https://www.foodforlife.org.uk/>

## Week Three

**Bolton**  
**Council**



# School meals in Bolton

## MORE LOCAL THAN YOU THINK



### Dear Parent/Guardian

Welcome to the new menu being served at your child's school. Choosing school meals for your child will teach them important social skills as well as providing all the nutrients young people need to help with their learning and development.

We only serve meals that children love to eat and we cater for medical & cultural diets, contact the school meals number for more information. Allergen information is also available on request on the website.

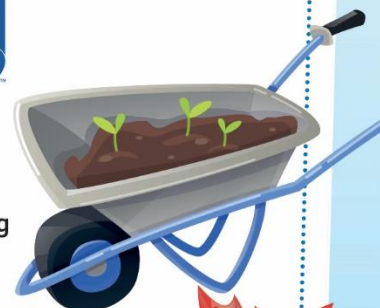
### We know where our food comes from

We aim to include as much fresh and local produce as possible in our recipes. We offer complete traceability on all our products from farm to fork.

Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org).



Many of our products are responsibly sourced too, we have accreditations to prove it. You can rely on us when it comes to quality. Supporting local businesses and reducing food miles and food waste are also top of our agenda.



### Eat a Rainbow

Our 'help yourself' salad trolleys are filled with brightly coloured veggies and are an excellent way of encouraging children to work towards their 5 a day.

Children can help themselves to the trolleys in addition to any hot vegetables they have had from the counter.



### Save over £300 per child per year with free school meals

School meals remain free for ALL children in reception, years 1 and 2 regardless of circumstances. However, please check/register to see if you are entitled to Free School Meals. You could help your child's school receive extra funding which could make a real difference to the quality of education and support offered. It is really easy to check just go to [www.bolton.gov.uk](http://www.bolton.gov.uk). Don't forget to check/register to see if your older children can benefit from free school meals – just go to [www.bolton.gov.uk](http://www.bolton.gov.uk)

### School meals provide value for money and reduce shopping trips

School Meals offer a freshly prepared 2 course meal and a drink for less than the average cost of a meal deal.

Making a packed lunch can result in additional trips to the supermarket, meaning extra spend each week.

Let us take care of lunchtimes.



**Bolton Council**

### We are here to help

If you need any information or have any questions Visit: [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals)

Call: 01204 336950 Email: [schoolmeals@bolton.gov.uk](mailto:schoolmeals@bolton.gov.uk)

