



Hello & welcome to the **Eativerse**

From your school's catering provider

Our mission is to engage children in the world of food. Many millions of light-years away is a whole other universe, quite unlike our own. It's called the Eativerse; a system of planets and stars that centre around all things food.

The Eativerse is an educational platform that encourages children to make healthy lifestyle choices now and in the future by allowing them to explore a universe of food and drink!



HELLO I'M
JAMIE

PLANET BOOST
(HEALTH + WELL-BEING)



MEET PIP

 Edwards
& Blake



Edwards & Blake is the caterer of choice for thousands of primary pupils across the UK

Our menu is appetising, nutritious, balanced, and designed to encourage children to enjoy food, learn, play, and grow.

Lunch is an integral part of the school day and something all children should look forward to. Our dedicated catering team ensures the dining hall is a welcoming and happy place for your child. How we serve our food is just as important as the food itself.

Our menus meet the Government's School Food Standards and the bronze Food for Life standards.

- ✓ All meals are freshly cooked by our catering team in your school kitchen to ensure we always offer fresh & nutritious food whilst minimising salt & sugar in recipes
- ✓ No undesirable additives or artificial trans fats are used
- ✓ Our menus provide for all dietary & cultural requirements
- ✓ Our suppliers adhere to all appropriate food safety standards
- ✓ Our catering team is supported with skills training in fresh produce

Food for Growth & Development

Good nutrition choices are vital to children's health, academic achievement, and wider performance at school.

Many studies have shown that hunger affects concentration and that well-nourished children fare better at school.

Our Dietitians

Our dietitians work alongside our Chef teams to ensure menus are nutritionally sound, shaping recipes to ensure they meet the School Food Standards and standards set by Public Health England.

Managing Allergies & Other Medical Diets

Your child's health and safety will always be of the utmost importance to us, and having accurate information about dietary needs and allergies is crucial for us to prepare and serve meals that meet their requirements.

Edwards & Blake's dietitians and catering team work together and follow a robust process, so you can feel reassured that whenever safely possible, an alternative menu will be provided. All the team receive allergy training annually, and whenever there's an update to allergen laws.



HELLO
I'M KLUG



**MEDICAL DIET
MENUS**

**A GUIDE
FOR PARENTS,
GUARDIANS +
CARERS**

Medical Diet Menus

Our **GUIDE FOR PARENTS, GUARDIANS + CARERS** contains further information about the medical diet process and includes step by step instructions for you to record this information to ensure we are fully aware of any medical diet requirements.

Copies are available from your school

Our Menu

Our diverse menus include a wide variety of options to suit all tastes and are based on feedback from pupils, staff, the catering team, parents and guardians. We run a three-week menu cycle that changes twice a year. Our lunch service includes a choice of:

- ✓ Meat & vegetarian main courses
- ✓ Halal main courses
- ✓ Vegetable side options
- ✓ Sandwiches & jackets
- ✓ Daily salad selection
- ✓ Hot & cold desserts including fresh fruit & yoghurt
- ✓ Free drinking water

In addition, to help smooth the transition for KS2 pupils to KS3 we provide a range of 'grown-up, hand-held' options served in compostable or recyclable packaging.

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 Pip's Planet Friendly Option where all dishes served every Monday contain plant-based proteins.

Plant-based proteins provide many nutritional benefits including:

- ✓ Rich in fibre, vitamins & minerals
- ✓ Low in saturated fat
- ✓ Support a healthy digestive system
- ✓ Help to keep our heart healthy

Our menus are now more climate-friendly! With 719g of CO₂e less per meal served, on average. That's the same amount of carbon dioxide used to provide electricity for 162 homes in one year.

We Source Responsibly & Use:

- ✓ Red Tractor-certified meat
- ✓ Marine Stewardship Council fish (MSC)
- ✓ Free-range eggs
- ✓ Local suppliers for bread, fruit & vegetables, & dairy products to reduce food miles
- ✓ Seasonal produce

Eat & Learn

We encourage pupils to learn about food through fun-themed events, assemblies, and displays with messaging around health and wellbeing. This educational program helps children to:

- ✓ Keep themselves healthy by making informed decisions about the food they eat
- ✓ Learn where food comes from
- ✓ Understand seasonality & how a variety of ingredients are grown, reared, caught & processed
- ✓ How to eat better for the planet

PLANET GREEN
(SUSTAINABILITY)

Our menus
are now more
climate-friendly!
With 719g of
CO₂e less per
meal served, on
average.

HI I'M BUD



Eating a 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



Only 1% of packed lunches meet the nutritional standards that currently apply to school food.



HI I'M
CHARLIE AND
I'D LOVE TO
HEAR YOUR
FEEDBACK ON
OUR SERVICE.

Free School Meals

Reception Class, Year 1 or Year 2

Your child will be able to receive universal free school meals if they're in a government-funded school and in reception class, year 1 or year 2.

Year 3 & above

Your child may be able to get free school meals if you receive 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 further information and how to apply on your local authority's website

edwardsandblake.co.uk