



GOOD FOOD AND HAPPINESS

YOUR CHILDREN, YOUR VALUES, YOUR DECISION



Delivered by the Council – *Owned by the Citizens of Birmingham*

MADE FRESH

OVER 70,000 STUDENTS EAT OUR TASTY, HEALTHY FOOD EVERYDAY

Eating in school should be a pleasurable experience; time spent sharing good food with friends and teachers. At CITYKITCHEN, we understand the importance of eating healthily from a young age.

We seek to prevent childhood obesity and reduce the number of children not eating fresh fruit and vegetables every day. We work closely with the Birmingham Public Health team; we know children that eat better are more able to learn and are healthier happier people.

Your child can benefit from choosing a school meal each day. Whether you're new to school meals or starting a new school year, this leaflet will help you make an informed decision about your child's lunchtime.

HEALTHY CHOICES – DEVELOPED BY STUDENTS!

Our Development Kitchen - CITYKITCHEN LIVE! in the heart of Birmingham is an engaging place which allows our Chefs and pupils to come together to learn about nutrition. Students create new food concepts, recipes and the menus that they want and we then make them **School Food Plan** compliant.



BENEFITS OF A SCHOOL LUNCH

- Helps teach your child about good nutrition
- Only 1% of packed lunches meet the nutritional standards that currently apply to school food
- Saves you time and money
- A school meal helps with attainment and development
- Eating together helps develop lifelong social skills
- School dinners encourage healthy eating from a young age
- Helps support the sustainability of school dining provision for the next generation
- All infant School Children (Reception and Years 1 and 2) are entitled to a free school meal.

WHAT'S ON OFFER EVERY DAY?

Every day our healthy balanced meals include:

- 2 portions of fruit and vegetables – we support the 5 a day campaign
- A varied carbohydrate (such as rice, pasta or potatoes) choice to provide energy
- A healthy protein (meat, fish or eggs) to encourage growth and development
- Dairy foods to add calcium for strong bones and teeth
- Milk or water to accompany each meal



We cater for many diets following consultation with parents and dieticians. If your child has any special requirements, please contact your school to discuss.



KEEP IT LOCAL

All our suppliers are located as close to the West Midlands as possible. We do this to support the economy, keep the food fresh and reduce the impact of 'food miles' on the environment. We buy sustainable ingredients from sustainable sources.

EAT, GROW AND LEARN

We encourage our schools, students and parents to get involved and develop their food knowledge and skills.

- We have provided schools with funds to develop their own garden farms
- We annually support 'Holiday Kitchen' helping provide meals for families that need it most.



EDUCATIONAL AND FUN

We offer theme days and events throughout the year – many of which have educational value.

Look out for the latest activities at your child's school.

NATIONAL SCHOOL MEALS WEEK

We are proud to be involved every year and we encourage all of our school kitchens to participate. Please visit www.thegreatschoolslunch.co.uk to see how you can get involved.



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Best Service Team
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ACHIEVEMENT
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WINNERS



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