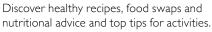
In the East Riding we pride ourselves on the school meals

Follow these tips to help maintain good health:

- Eat lots more fruit and vegetables
- Eat more fish including a portion of oily fish every three weeks
- Cut down on saturated fat and sugar
- Try to eat less salt
- Drink plenty of water.

Make a change today!





Download the free NHS food scanner app today, a speedy scan of your family's favourite products reveals a range of healthier swaps.

The next time you shop its as easy as scan, swipe and swap! www.nhs.uk/healthier-families



Holiday Activities and Food

For free fun holiday activities and a meal, please sign up to the newsletter at www.activeeastriding.co.uk/holiday-activities-and-food Sessions are for children and young people eligible for free-school meals aged 5-16 years old.

Allergies and Special Diets

Full allergen information is available and special dietary requirements can be catered for, please contact your school for details. It may be necessary to change the menu without prior notice.

Please note: Individual schools may offer an alternative choice to the meal options overleaf. Please contact your school for details.

GIVE SCHOOL MEALS A TRY

They're PEELY good!

If you are interested in trying school meals, simply contact the main office at your child's school.



Is your child missing out?

If you feel or are unsure if your child is eligible for a free school meal you can contact the council's benefits section on (01482) 394799 or ask for an application form from your school secretary.

Comments

Should you require any further information, or would like to make comments on your child's school meal service, contact us as follows:



www.eastriding.gov.uk/schoolmeals



cateringservices@eastriding.gov.uk



(01482) 395320



East Riding of Yorkshire Council Catering Services HF54 County Hall Beverley East Riding of Yorkshire

HUI7 9BA



www.eastriding.gov.uk











