

Nutrition Initiatives for school children and parents

School lunches play a important role in **children's health** - balanced meals can help students stay more **engaged** and **exhibit better behaviour** and **performance** in **classrooms** and **after school clubs**.

Ensuring school-aged children receive optimal nutrition is crucial during these formative years whilst their bodies undergo significant growth and cognitive development.









HOW?

Tasty Learning

Join our classroom nutrition education sessions led by our Gloucestershire nutritionist! Discover exciting topics like 'Balanced diets' and 'The Eatwell Guide' where we can even get pupils involved in sensory tasting.



Don't miss our Nutrition **Year Group Assemblies**, diving into essential topics such as balanced diets!

Parents

Let's engage parents! Join us for parent evenings featuring our Gloucestershire development chefs and nutritionists. We'll delve into our menu, recipes, School Food Standards, and address any queries parents may have. We would love parents to sample some of our recipes!









Our Chefs

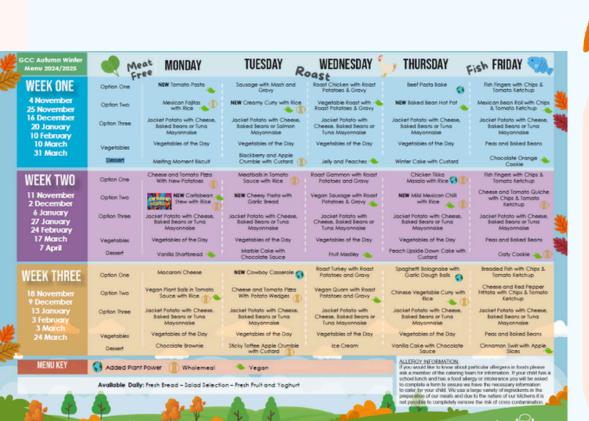
But that's not all – our chefs are ready to bring the kitchen excitement straight to the classroom and dive into hands- on food workshops, including pizzamaking extravaganzas and tasting sessions.











Taste at Break Time

Tasting sessions give pupils the opportunity to try foods that they might not have tried before. Being able to explore a variety of foods and interact with our Caterlink Staff may result in pupils choosing a hot school lunch.

Taste our Menu

Our development chefs, in collaboration with our nutritionist, offers menu tastings to encourage students to try our recipes. They are available to talk about nutrition and answer any questions students may have about our menu.

Tailored to You

Caterlink is flexible and can tailor tasting sessions to align with your school curriculum. Have a theme day in mind? Let's collaborate and make it happen together!

