CANON JOHNSON
CofE Primary School

CANON JOHNSON C OF E PRIMARY SCHOOL
Elgin St, Ashton-under-Lyne OL7 9DD
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School Lunches at Canon Johnson CEPS:

School lunch can provide up to three of the five daily portions of fruit and vegetables and can supply one-third of your child's daily recommended nutrients.

Five good reasons for you to choose healthy school meals:

You are guaranteed they are getting a healthy balanced meal five days a week.
Healthier food at lunchtime can help children to concentrate in the afternoon.
Children enjoy eating together at lunchtime and will learn dining skills and try new foods by sharing the experience with friends.
School meals are prepared by qualified caring staff.
School meals are excellent value for money.

School meals are provided by Dolce who offer new exciting menus every term. All parents are given access to the online ordering system to enable them to order at home and also have access to all the recipes, ingredients, nutritional breakdown, allergen and dietary information. Should your child suffer with any food intolerance/allergies these can be set on the system by the parent or can be discussed with school.

Free School Meals

Is your child eligible?

Your child will be able to get free school meals if you receive any of the following benefits:

Income Support
Income based Job Seeker's Allowance
Income related Employment and Support Allowance
Guarantee element of State Pension Credit
Child Tax Credit, as long as you do not get a Working Tax Credit and have an annual income (as assessed by HM Revenues & Customs) that does not exceed £16,190
If you are supported under Part IV of the Immigration and Asylum Act 1999
Working Tax Credit during the four-week period immediately after your employment finishes or after you start to work less hours per week.

Contact the School Office if you require any further information or support.

From September 2014 the Government confirmed that ALL pupils in Reception, Year 1 & Year 2 in state funded schools will be eligible to have a Free School Meal. This is called a Universal Free School Meal.

However, it is VERY IMPORTANT for school funding that if you are entitled to free school meals that parents still apply in the usual way for children in Key Stage One.

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School Lunches at Canon Johnson CEPS:

Packed Lunches

Thanks to Jamie Oliver, school dinners have had a radical overhaul. But what about the lunchboxes we pack for our children?

It's just as important to make sure the lunchbox your child takes to school provide a healthy, balanced lunch as when they eat at home.

This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

You can learn the healthy foods basics in Good food and diet.

Packing the lunchbox

A balanced packed lunch should contain:

1. **Starchy foods. These are bread, rice, potatoes and pasta, and others.**
2. **Protein foods. These are meat, fish, eggs, beans and others.**
3. **A dairy item. This could be cheese or yoghurt.**
4. **Vegetables or salad, and a portion of fruit.**

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit, dried fruit.

Vary the fruit each day and get them to try new things, like kiwi or melon. You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

More information can be found from the website Nutritionist Resource. Please use the link http://www.nutritionist-resource.org.uk/loveable-lunchboxes.