Why Choose School Meals over Packed Lunches?

- School meals are nutritionally balanced. The content of each day's lunch will be different but averaged over the whole week will provide 1/3 of a child's daily requirements. Foods which are higher in fats and sugars: chips, meat products and cakes are strictly controlled in line with the School Food Trust's guidelines.
- School meals give children an excellent start to their afternoon with enough energy to concentrate and learn
- School meals give children the opportunity to try new and different food each day - it can be difficult for busy parents to include variety in a packed lunch each day
- School meals' desserts are carefully selected and provide children with essential energy and nutrients such as calcium - they are very often fruit based and lower in sugar
- Fresh fruit platters and a fresh salad selection are available daily and will contribute to your child achieving their '5 a day'.

Free School Meals - you could save up to £380 per year per child

You could save up to £380 per year for each of your children by checking to see if you are entitled to free school meals. Free school meals are available to children in Tower Hamlets whose parents (or guardian) are either:

- receiving income support
- receiving income-based jobseeker's allowance
- receiving the guarantee credit of pension credit
- receiving income-related employment and support allowance
- in receipt of support from NASS (national Asylum Support Service)
- have an income, as assessed by the Inland Revenue, of less than £16,040 a year (this is called the threshold amount) and who do not get working tax credit but do get child tax credit

Please note you do not have to be claiming housing benefit or council tax benefit in order to make a claim for free school meals for your dependent children.

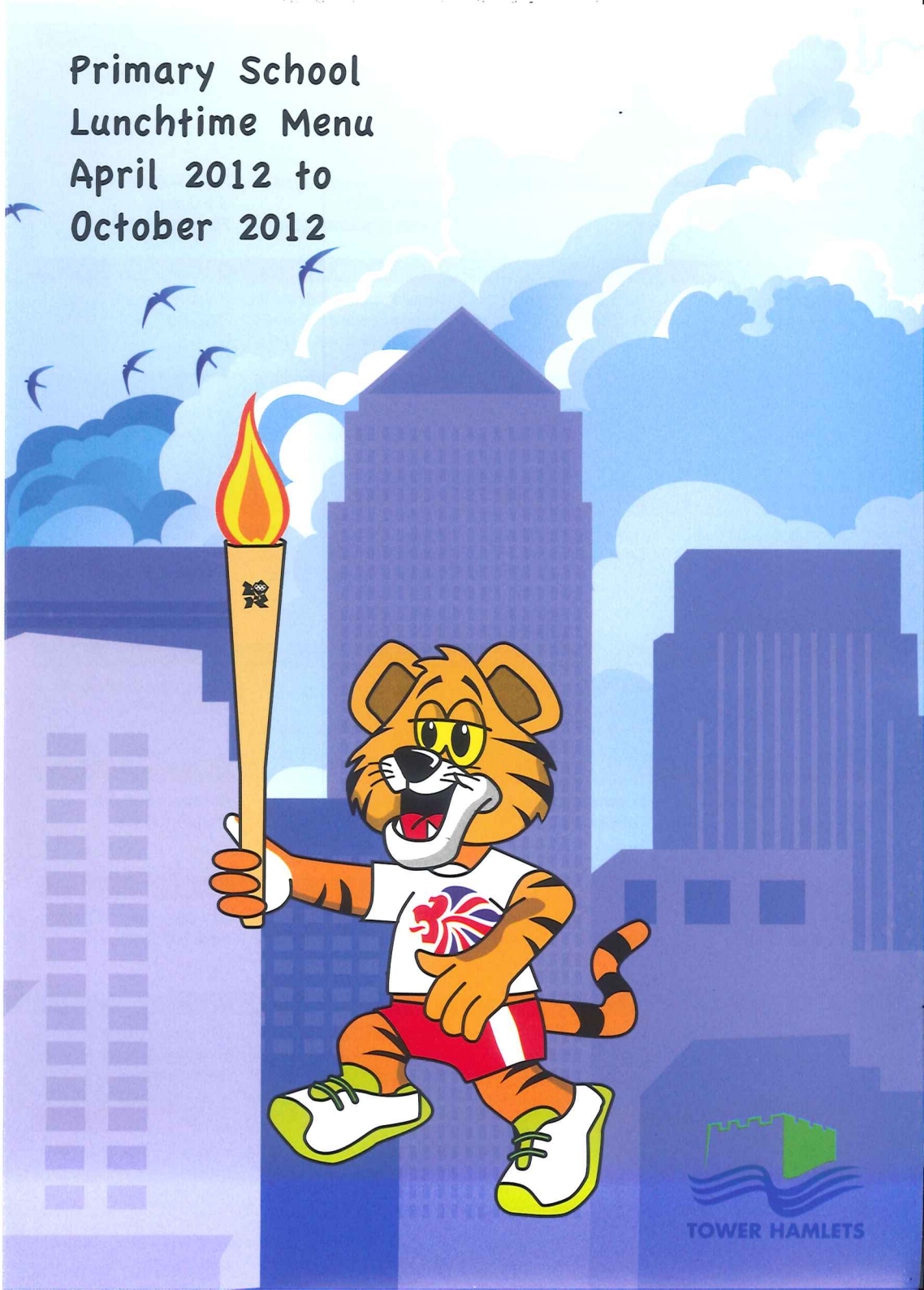
The child's parent (or guardian) must make a claim either by:

- completing the free school meals online claim form
- completing a paper copy of the claim form available from schools, our One Stop Shops or by telephoning the benefits service on 020 7364 5001
- making a claim for housing and/or council tax benefit (which also counts as a claim for free school meals - you do not need to complete a separate form in this case)

020 7364 5166
www.myschoolunch.co.uk/towerhamlets

@LBTHSchoolMeals

Primary School Lunchtime Menu April 2012 to October 2012



TOWER HAMLETS