

SUPPORTING CHILDREN
TO HAVE A *nutritious*
MEAL DURING ISOLATION

Did you know?

Every lunch made from
our hamper provides 2
of your 5 a day!

SUPPORTING CHILDREN TO HAVE A NUTRITIOUS LUNCH DURING *isolation*

Our Chartwells mission:

Nourish EVERY young body and mind with exceptional food and learning.

PROVIDING A NUTRITIOUS MEAL EVERY DAY

Throughout lockdown, sales of junk food rised with McVities alone reporting a 71% increase in sales suggesting families have fallen into unhealthy habits. We want to ensure that we can help get families back into healthy habits and enjoying food at home should they need to isolate which is why we have developed a delicious hamper packed with tasty ingredients that can be made into several different recipes using our dish recommendations.

Our hamper and each lunch that can made from it can provide a child with:

- ➡ 2 of their 5-a-day
- ➡ Fibre from wholegrain, vegetables or beans
- ➡ A portion of protein and/or dairy
- ➡ Calcium from dairy
- ➡ Child friendly portion size
- ➡ Child friendly snack size

DISH RECOMMENDATIONS

To help support parents make yummy meals at home we will be including a selection of visual dish recommendation cards in our hampers to give them a couple of ideas about how they can use the ingredients. These will be printed in the kit but can also be provided electronically.

Did you know?

Only 1% of homemade packed lunches are nutritionally compliant.

Source: Leeds University,
https://www.leeds.ac.uk/news/article/4522/childrens_packed_lunches_lack_nutritional_quality

