

tasty

# VIEWS

Newsletter

Chartwells  
EAT LEARN LIVE

Chartwells West Sussex

May 2021

## Have you spotted us?

You may already follow our activity on Instagram, Facebook and Youtube, but just in case...

We have dedicated team of passionate nutritionists putting together fun foodie facts, activities, educational posts on sustainability, seasonality and family nutrition.

We've even worked with our expert chefs on putting together some irresistibly simple, super yummy recipes. We've got cook-a-long videos or shiny new recipe cards that come out each week.



The Super Yummy Kitchen



@thesuperyummykitchen



The Super Yummy Kitchen



## As things get back to normal...

We would love to reintroduce face to face workshops. Behind the scenes, there has been lots of development. Through our wellness education programme, **Beyond the Chartwells Kitchen...**

### We can also offer...

Assemblies to link in with key curriculum themes or national events, which are a great way to start your day off with a buzz, or just to break up their school day and have a bit of fun!

### And, did you know...

We can make workshops entirely virtual! You receive a link to join us online, and we deliver the workshop exclusively to your school in real time.

### Don't forget...

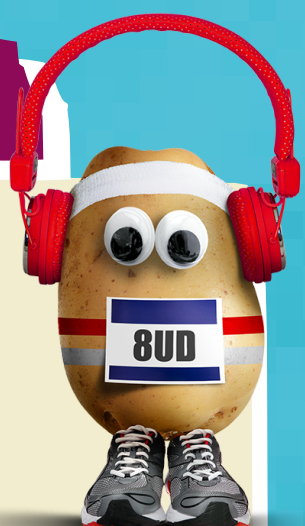
We also offer teacher-led sessions! These have various links to the curriculum and can be delivered to keystages 1, 2 and 3!

Teachers will be sent resources packs including a set of slides or a video with a voiceover, worksheets and topic suggestions for discussion!

Don't be a stranger, get yourself booked in, as whilst this service is entirely free to Chartwells schools in West Sussex, bookings are made on a first come first serve basis.

## Special diet information

If your child has an allergy or intolerance, we can support you during lunchtime.



Please write to us at [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk) where we will give you a request form to complete. Make sure you have your doctor or dietitian note handy to go with it.

If you want to have a peak at your schools menu, you can view them here: [westsussex.mealselector.co.uk](https://westsussex.mealselector.co.uk)

If you are vegetarian, pescatarian or don't eat beef, pork or both, we just need you to confirm this in writing to us at [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk).

Please include the child's name, school, year group, dietary request, and we will be in touch!

Whilst we don't serve any nuts, if your child has a nut allergy, you can inform us of this, too.

To book your school in for workshops or assemblies for your school in person or virtually, please contact your local Nutritionist and Engagement Manager at:

 [eleanor.townend@compass-group.co.uk](mailto:eleanor.townend@compass-group.co.uk) and Ellie will gladly respond as soon as she can.



Parents are able to check their eligibility for free school meals for on the government website.

<https://www.gov.uk/apply-free-school-meals>

It is so important to us that we can provide **every child in your community** with a tasty, nutritious hot meal every day!

