

A group of young children in a classroom, focused on a hands-on activity. One girl in the center is using a small tool to work on a purple object. Other children are visible around her, some looking at their work and others looking towards the camera. The background shows large windows with a view of greenery outside.

GOOD FOOD FOR EVERY CHILD



WHY SCHOOL MEALS MATTER

A Healthy Lunch Makes a Difference

A nutritious lunch helps children stay focused, energised and ready to learn throughout the afternoon. That's why all primary school pupils in London are eligible for free school meals, giving every child access to a healthy meal every day.

School meals:

- Follow strict national nutrition standards
- Provide a balanced mix of vegetables, protein and whole foods
- Help children build lifelong healthy eating habits.
- One less thing to pack or worry about every day.

For families, the programme can save over £500 per year per child, helping ease the cost of living.





THE BENEFITS FOR CHILDREN

Research shows free school meals can support:

Better wellbeing

Children feel more settled knowing they'll have a hot meal each day.

Better concentration

Nutritious lunches help children stay focused during lessons.

Better social experiences

Eating together helps children develop confidence and friendships.

Less pressure on families

Parents save time and money on daily packed lunches.

Studies show the programme reduces financial stress and improves peace of mind for families.

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Food Fuels Learning

A healthy lunch helps children:

- ✓ Concentrate better in class
- ✓ Stay energised throughout the day
- ✓ Develop healthy habits early in life
- ✓ Feel included at lunchtime with their friends.

When everyone eats together, lunchtime becomes part of the school day where food, friendship and learning meet.

And because meals are universal, there's no stigma — every child is included.

CLEVER FOOD

What Children Eat at School

Typical school lunches include:

- Freshly cooked hot meals
- Vegetables and salads every day
- Vegetarian and cultural menu options
- Fruit or yoghurt desserts

Menus are designed to be:

- Balanced
- Child-friendly
- Full of flavour
- Fresh

**IT ALSO ENCOURAGES CHILDREN TO
EXPLORE NEW FOODS AND DEVELOP
HEALTHY HABITS EARLY IN LIFE.**

CREATING
A HEALTHY
Lifestyle
FOOD
CULTURE
in the early years



Parent FAQ Section

Do I need to apply?

In most primary schools, meals are provided automatically for all children.

Is the food healthy?

Yes. School meals must meet national nutrition standards to support children's health and development.

What if my child has dietary needs?

Schools cater for allergies, religious diets and vegetarian options.

