

Supporting children to have a nutritious meal during isolation



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





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Our Chartwells mission:
Nourish EVERY young body and mind with exceptional food and learning.

Providing a nutritious meal every day...

Throughout lock down, sales of junk food shot up with companies such as McVities reporting a 71% increase in sales, suggesting families may have fallen into unhealthy habits. We want to ensure that we help to encourage families to eat as healthily as possible, which is why we have developed a delicious hamper packed with tasty ingredients that can be made into several different meals using our dish recommendations.

Our hamper will provide your pupil with:

- ➡ 2 of their 5-a-day
- ➡ Fibre from wholegrain, vegetables and beans
- ➡ A portion of protein and/or dairy
- ➡ Calcium derived from our dairy product

All provided in age appropriate portion sizes.

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?
Fewer than 2% of homemade packed lunches are nutritionally compliant.

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



We would love to help support your school provide a nutritious food hamper to isolating children. Please contact us for more information today.