

# LOCAL FOOD LINKS

Fresh. Healthy. Tasty.



Fresh, Healthy, Tasty School Meals



## We are passionate about great food!

Welcome to Local Food Links' school lunches! Local Food Links have been making delicious and nutritious school lunches since 2006. All our meals are freshly prepared every day in local kitchens using great quality ingredients that are locally sourced wherever possible. 

We work hard to produce menus and meals that appeal to children and are packed full of healthy goodness. Great for kids and great for parents!

School lunches are **FREE** for all children in Reception, Year 1 and 2 (and some older children whose families receive financial support), Meals are only £2.40 for children in Year 3 and above.

With a choice of 3 main course options every single day, followed by a pudding or piece of fruit, we're sure that your child will quickly find lots of meals they love.

To find out more about Local Food Links visit [www.localfoodlinks.org.uk](http://www.localfoodlinks.org.uk)

## We've made ordering school meals easy!

To order online, register your details at <https://my.localfoodlinks.org.uk/>. You will receive a 10-digit unique activation code from the school for each of your children and you will then be able to order school meals online from Local Food Links.

You are able to order and manage your meals online but be aware that we require 7 days' notice to order, change or cancel any meals.

You will also receive our useful 'Ordering Guide' leaflet which gives clear step by step instructions.

We would strongly encourage you to subscribe to our emails. Each term we send out friendly order reminders delivered straight to your inbox, this is especially useful for the first & second weeks back to school after half terms. Sometimes families are having too much fun & forget to order in time!



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**We are very sociable – sign-up to our email & follow us on social media!**

*We share news, recipes & order reminders on Facebook, Twitter and Instagram as well as showing photos of our meals.*

*We also post the menu every morning as a helpful reminder of what's for lunch today!*

*Get the latest LFL information delivered straight to your inbox. We don't send lots of emails but those we do send contain useful details. (We'll never share your information with anyone else)*

*Visit <http://eepurl.com/tVadf>*



## DID YOU KNOW...

LFL serves over 750,000 meals per year

Our ingredients are locally sourced from Dorset & South West suppliers

Parents can save on average £450 per year by taking up free school meals for KS1 children

All our fish is sustainable

We aim to make menus varied & interesting whilst ensuring family favourites are available

Only 1.6% of packed lunches contain the same nutritional value as a hot school meal

We use seasonal produce where possible & pack lots of extra vegetables into our meals

Our fresh homemade Tomato Sauce contains 5 different 'hidden' vegetables

### Why our lunches are great for your kids!

*Research shows that children concentrate better & stay more focused after a hot school meal and that children enjoy the social experience of eating a meal with other children & are often more likely to try new things.*

*The nutritional benefits of a school meal often far outweigh those of a packed lunch.*

*All our meals meet the School Food Standards.*

*Our meat is British and all our eggs are free range.*

*All our meals are prepared daily using fresh ingredients.*

*So with one of our school lunches, you'll know your children are well fed and fuelled for an afternoon of learning!*



### LFL Packed Lunches

*Packed lunches are available for School Trips & event days. These can be ordered directly through the school and are free for KS1 (and means tested KS2 children).*

*Our lunches contain a filled roll or sandwich, bag of crisps, flapjack and a piece of fruit.*

*When you have a letter home about an upcoming school trip you should also have the option to order a packed lunch, if not ask at the school office!*

### Food Allergies/Special Dietary Requirements

*We want to make sure all children, including those with food allergies or special dietary requirements, can benefit from a hot school meal.*

*We make it easy for you to check that our meals are suitable for your children by giving full details of ingredients, dish by dish, within the [my.localfoodlinks.org.uk/](http://my.localfoodlinks.org.uk/) online ordering system. Simply click on any meal choice to bring up the list of ingredients. We also mark the most common allergens on the paper menus and on a spreadsheet which is available on our website [www.localfoodlinks.org.uk](http://www.localfoodlinks.org.uk) under the 'For Parents' section.*

*For children with medically confirmed food allergies or special dietary requirements we can provide bespoke meals. You will need to complete an Allergy Form (available from the school office or download from LFL website) and provide medical evidence (i.e. a copy of a doctor's letter).*

*Please contact Barry Dovell on 01308 428921 or email [barry.dovell@localfoodlinks.org.uk](mailto:barry.dovell@localfoodlinks.org.uk) to discuss your child's individual dietary requirements.*

