The average packed lunch contains…

OVER **4x**

the saturated fat;

OVER **3x**

the salt;

NEARLY **3x**

the sugar;

NEARLY DOUBLE

the calories

When compared to a Chartwells school meal

For the average price of a high street coffee or magazine, your child could enjoy a delicious Chartwells school meal

School lunches can lead to better educational attainment (Source: Public Health England)

Children having school lunch are more likely to consume fruit and vegetables and drink water through the day. (Source: School Food Plan)

LOVE SCHOOL Meals

Chartwells
EAT LEARN LIVE