



# Information for **parents**



[www.fuelzoneprimary.co.uk](http://www.fuelzoneprimary.co.uk)

## Dear Parent/Carer

Hello and welcome to the Fuel Zone.

Fuel Zone is the name for the dining rooms in all primary schools where pupils can enjoy a tasty and healthy school lunch.

Details of this service we provide are outlined in this leaflet to help you discuss school meals with your son/daughter.

I hope you find this leaflet useful, but please contact Cordia if you need any other information.

Regards

*Julia*

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INSPIRED TO SERVE



## Fuel Zone Menu

### WHAT YOU NEED TO KNOW

- Every day we offer three menus
- We can cater to specific dietary requirements including Halal and vegetarian
- Meals operate on a three-weekly cycle
- All P1s to P3s receive a free lunch from the Fuel Zone
- For P4s to P7s a three course meal with a drink costs £1.90 unless your child is entitled to a free meal.



### THE IMPORTANT STUFF

In order to make sure we supply nutritionally balanced meals, our menu is developed in line with current legislation.

The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 aims to improve the diet of Glasgow's young people by developing a wider understanding of food, nutrition and healthy lifestyles in the classroom and at meal times.

## Big Breakfast



Breakfast is the most important meal of the day, especially for young minds preparing to learn. Glasgow's Big Breakfast operates in each of the city's primary schools and offers every pupil a nutritional and healthy breakfast at the start of the school day. There is a £2 charge for breakfast for the first child and £1 for additional children (e.g. a parent with two children attending breakfast club would pay £3). Parents are able to pre-purchase breakfast. There is no charge to children entitled to free school meals.

The breakfast service starts at 8am and is supervised in a safe and friendly environment.

- 6000 breakfasts served daily
- 1.3 million breakfasts served each year
- Cereals, fruit juice, toast and low fat spread are available
- Fresh fruit is available

**All breakfast services start at 8am**

## Stay hydrated

The Refresh initiative supplies almost 600 coolers to all Glasgow schools, allowing access to fresh mains-fed water that is filtered, chilled and ready to drink. Better hydration means better performance in school, and water offers an excellent alternative to unhealthy sugary drinks.

- Helps pupils stay healthy
- Improves co-ordination
- Reduces tiredness



# Theme Days

Throughout the school year we host theme days in our Fuel Zones and these represent an educational and enjoyable experience for pupils.

Please see an example calendar below.

MONTH	THEME DAY
October	Halloween
November	St Andrew's Day
December	Christmas
January	Burns Day
March	International School Meals Day
April	Easter



## On the Web GET CONNECTED

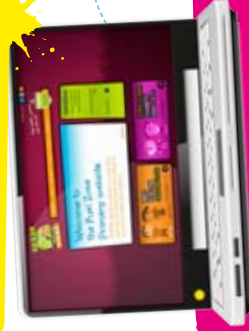
Our Fuel Zone primary website allows parents to view a full photographic menu, and the opportunity to keep up to date with Fuel Zone news and additional services, as well as health and wellbeing information.

The Pupil Zone offers worksheets, colouring-in and downloads, plus educational and interesting food facts for children.

[www.fuelzoneprimary.co.uk](http://www.fuelzoneprimary.co.uk)

Check out our website for

- Food facts
- Download games and puzzles and much more!



Follow us on **Twitter**  
[www.twitter.com/fuelzoneglasgow](http://www.twitter.com/fuelzoneglasgow)

## Cashless system

We use a simple cashless card payment system in selected Fuel Zones for all services throughout the day.

Your child can credit their card by using the on-site top up machine, or you can write a cheque to the school's catering manager.

This system reduces the risk of your child losing lunch money and also creates an easier service all round.

Free meal entitlement will be automatically loaded on to your child's card, and you can set the value for a daily spend as well as restrict certain foods your child can buy from the Fuel Zone.

**AVAILABLE IN SELECTED FUEL ZONES**



## Special medical diets

If your child has a dietary requirement, we can provide alternative menu items for a range of needs including gluten free, nut allergies, and lactose intolerance.

In order to request an alternative menu item, please seek a referral from your dietician or GP and submit this in writing to: Linda Quinn, Medical Diet Co-ordinator, Cordia (Services) LLP, Blair Court, 100 Borron Street, Glasgow, G4 9XE



### health and wellbeing

- [www.activescotland.org.uk](http://www.activescotland.org.uk)
- [www.nhs.uk](http://www.nhs.uk)
- [www.food.gov.uk/scotland](http://www.food.gov.uk/scotland)
- [www.takelifeon.co.uk](http://www.takelifeon.co.uk)



**PACKED LUNCH SAVINGS!**

COST OF PACKED LUNCH **£2.65\***

COST OF SCHOOL MEAL **£1.90**



SAVE

**£0.75**

EVERY DAY



**£3.75**

PER WEEK

\* BASED ON A SANDWICH WITH COLD-MEAT OR TUNA, AND LETTUCE, A FRUITE, FRUIT, VEGETABLE STICKS, AND CHEESE STRINGS.



**£15**

PER MONTH

CATERING MANAGER CONTACT DETAILS

