

Get in the  
**game** with  
school  
meals



This campaign is supported by Bristol Bears.

# FOOD for THOUGHT

**Free School Meals can save you time and money on preparing lunches. Your child will be offered a wide choice of healthy and tasty food.**



A hot, freshly prepared meal at lunchtime can help with learning, concentration and behaviour.



If you claim free school meals your child could be offered free food and activities in school holiday clubs.



Claiming free school meals is simpler than ever. Just speak to your child's school or visit our website [www.southglos.gov.uk/schoolmeals](http://www.southglos.gov.uk/schoolmeals) to find out if you are eligible and how to apply.



The **quickest way to complete your free school meal application is online.**



The Contact Centre is here to help and support those who are unable to access this service or require support in their online application. Contact **01454 868008** for more information.