

# MAKING EVERY MOUTHFUL COUNT Will you join us?



## MAKE EVERY MOUTHFUL COUNT FOR

### Feeling good

Our mental health is equally as important as our physical health and that is why our nutritionist Amanda Ursell regularly talks to our school pupils and parents to ensure we all understand what we should be feeding our minds as well as our bodies.

## Fish is the dish

A fabulous source of high quality protein and a great source of Omega 3 - try a new fish dish today!



GOOD FOR  
trying  
Love the food that loves you back!

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### Enjoyment

Our campaigns run weekly to highlight the benefits of a variety of foods and food groups ensuring every pupil can understand the positive effects of good food.



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### Society

We support community action projects such as Roots4Life, providing cookery classes and teaching kitchens that help children and families understand nutritious eating as a positive step for the next generation.



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### Sustainability

Looking after our planet for future generations and creating a sustainable society is an essential part of our everyday lives and we ensure pupils understand not just the why but also the how.