

## Primary School Web Content August 2018

Your school lunches are provided by award-winning caterers HC3S.

At HC3S, our ethos is about tasty food to help your children flourish. And to do that it helps if they eat a healthy diet. By providing nutritious food, cooked fresh every day and which is responsibly sourced, we give your children a balanced diet with choices that aid concentration levels and give them energy to focus and to play.

But we go a step further. We also want children to understand about healthy lifestyles and take this positive message into adulthood. That's why we've created a ripple (not just raspberry) with our 'Ready Steady Cook' sessions which are fun and engaging and why we introduced the 'Food to Flourish Classroom' to help teachers educate children using food in a way that cuts across the curriculum.

Where opportunity arises, we bring live cooking and workshops to the classroom and sometimes, out of the classroom, through partnerships with our suppliers and other local food organisations. We love schools to join in our celebrations for Nutrition and Hydration Week, British Food Fortnight, and National School Meals Week as key events in the food and drink calendar which are lots of fun.

### Want to know more about HC3S?

Click on this web link.

<https://www.hants.gov.uk/educationandlearning/hc3s/primaryschools>



Follow and review us on

<https://www.facebook.com/hc3seducation>

Our menus are:

