



National School Meals Week 2024

LACA is calling for school children, caterers, parents, food suppliers and schools to support NSMW24, so more people than ever can enjoy great school lunches. We know pupils benefit from a hot meal at lunchtime, and as an industry we impact positively on so many lives – this is something to be celebrated.

As the event grows from strength to strength, each year the week focuses on a topic that is relevant to the industry. For 2024 the theme is Mindful Meals. It will promote the importance of healthy eating to improve mental wellbeing and achievement.

The week can be used to support your own initiatives such as new menu launches, increasing free school meal uptake, and promotional calendars for example.

What are the likely outcomes of the week?



Highlighting how school lunches can keep students motivated throughout the day, therefore improving academic achievement.

Highlighting the part that healthy school food plays in every aspect of life, such as sporting achievements and personal goals. Feeding healthy minds and bodies.



Encouraging students to sit and eat together to develop social skills and develop friendships, and to look out for one another. Showing acts of kindness to fellow students, teaching and catering staff.

Serving local produce and plant-based products to make school meals more sustainable, pupils can play their part in making a difference to the planet.



You can support the outcomes by:

- Promoting NSMW and school meals on social media, the important details are on the reverse.
- Running fun theme days that students can get involved in to support the topics and allow them to try new foods. There will be a wealth of free resources including posters, activity sheets, certificates and much more.
- Sharing as many positive school meal stories throughout the week as possible across all social media platforms. LACA want to get people talking about great school food.
- Inviting your local MP or VIP in for lunch to gain support for the service.
- Using NSMW to promote your own initiatives such as menu launches.
- Posting good news stories on your website and in newsletters.
- Encouraging as many new students into the dining room as possible.

Great events

to run throughout the week



★ Launch Day 'Good Mood Food'

A fun day serving 'good mood food', dishes packed with protein and plant-based recipes. A chance to promote your week of activities to all stakeholders.

★ Superhero Lunch

Let's encourage children back into the dining room by being a superhero for the day. A super lunch to boost your brain. Dream it, believe it, achieve it!

★ The Feel Good Great British Lunch

A roast lunch not only has all the important nutrition our bodies and minds need. But it is an opportunity to promote local produce and how pupils can enjoy a plant based alternative roast lunch.

★ Move it for a better mind

How much can you move during NSMW24? We know that exercise has a positive impact on our mental health and mood. Pupils can enjoy meals packed with energy for sporting activities or download an exercise diary to show how much they have moved.

★ Be Kind Day

Friday during NSMW is always a day to say thanks to the catering staff for the excellent food they serve all year. This year we are encouraging pupils to do other small acts of kindness to make others feel good about themselves.



SCAN FOR
FREE
RESOURCES



Need help?

Contact the NSMW Team
admin@laca.co.uk

Spread the word on social media

Let everyone know about your plans and promotions, keep the social media campaign going, use the following...

📱 @laca 🐦 @LACA_UK 📷 @laca_uk #laca_uk

USE HASHTAGS #NSMW2024 #greatschoolfood #LACA_UK #mindfulmeals



Make NSMW your own. Plan, Print, Promote!