

WHY EAT SCHOOL MEALS?

Eat healthily, have fun and learn

Choosing to eat a school meal is a good way of encouraging young people to eat plenty of foods high in important nutrients to keep them healthy and growing properly. School meals also provide lots of energy, needed to ensure young people learn and have fun but without eating too many foods high in fat and sugar.

HEALTHY MEALS SERVED IN MEDWAY SCHOOLS

Our meals meet the government's food-based standards, which mean they contain:

- more important nutrients needed by young people;
- lots of fresh fruit and vegetables every day;
- more fresh meat and fish;
- lots of wholegrain cereals;
- lower levels of fat and sugar.

We offer a vegetarian option daily.

COULD YOU GET SCHOOL MEALS PROVIDED WITHOUT CHARGE FOR YOUR CHILD?

Your children, who are attending school, are entitled to receive school meals free of charge if you receive:

- Employment and Support Allowance (income related) or
- Income Support or
- Jobseeker's Allowance (income-based) or
- The Guarantee element of State Pension Credit or
- Support under part VI of the Immigration and Asylum Act 1999 or
- Child Tax Credit, are not entitled to Working Tax Credit and whose annual income (as assessed by Her Majesty's Revenue and Customs) does not exceed £16,040

All you need to do is complete the application form and send it to the FREEPOST address at the bottom of the form or take it to your child's school office. It's as easy as that.



Who to contact

If you would like to know more about the eligibility of free school meals, please contact the Transport & Benefits team on 01634 331155. For further information on the school meal service, please contact the School Contracts Team on 01634 332033.

✉ School Transport and Free Meals, Fourth Floor, Gun Wharf, Dock Road, Chatham, Kent ME4 4TR

✉ Email: schooltransportandfreemeals@medway.gov.uk
Website: www.medway.gov.uk

📞 Minicom: 01634 333111

This information can be made available in other formats from
01634 333333

If you have any questions about this leaflet and you want to speak to someone in your own language please ring **01634 335577**

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APPLICATION FORM FOR FREE SCHOOL MEALS

Please complete in capital letters

**Please enter details of claimant in receipt of benefit:
All information is required. Incomplete forms will not be processed.**

Title(Mr/Mrs/Miss/Ms):	Surname:	Forenames:
Date of birth:	Relationship to pupil(s):	
National Insurance Number		
Present address:	Previous address (if moved in past 12 months)	
Phone No:	Postcode:	Postcode:

Please enter below details of all children for whom you wish free school meals to be provided:

Child's surname	Forenames	Date of birth	Name of school

Proof of benefit does not need to be provided at this stage. You will be informed if any supporting documents are required at a later date.

DECLARATION: I wish the children named above taking school meals to receive them free of charge while I am receiving Income Support, Jobseeker's Allowance(Income Based) Employment and Support Allowance (Income Related) the Guarantee element of State Pension Credit or Child Tax Credit.

I undertake to inform the School Transport and Benefits Team immediately if I cease to receive any of these, my type of benefit changes, if I change my name, address or school or I gain refugee status. I understand that not notifying the team could result in having to pay for any free school meals that my child/children have received. I certify that the information given on this form is correct to the best of my knowledge and belief and that the submission of incorrect information may result in legal action.

I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial and ongoing entitlement. I understand that the results of any free school meals entitlement check may also be used to assess my entitlement to other benefits, for example free school travel.

Signature of applicant: _____ Date: _____

Please return the completed application form to your child's school office or to FREEPOST RSBA-CYBG-SZSG, Transport and Benefits Team, Medway Council, Gun Wharf, Dock Road, Chatham, Kent ME4 4TR

FREE SCHOOL MEALS EDUCATION OFFICE USE ONLY	
Verified: YES/NO	Date: _____
POB provided: YES/NO	
Free meals approved from: _____	
Expiry date: _____	



Enjoy your food.

**Eat a variety of
different foods.**

**Eat the right amount to
be a healthy weight.**

**Eat plenty of foods rich
in starch and fibre**

**Eat plenty of fruit
and vegetables.**

**Don't eat too many foods
which contain a lot of fat.**

**Don't have sugary foods
and drinks too often.**

Free school meals



Medway
COUNCIL
Serving You