

# Quick guide to FREE SCHOOL MEALS

My child is in  
Reception,  
year 1 or year 2

YES

Automatically  
qualify for universal  
free school meals

Visit [www.bolton.gov.uk](http://www.bolton.gov.uk)  
or use QR code here



My child is in  
year 3 and  
above

YES

I receive benefits  
or have an income  
below £16,190

YES

Visit [www.bolton.gov.uk](http://www.bolton.gov.uk)  
or use QR code here



## Free school meals for your younger children, the perfect choice

- We will help your child work towards their 5 a day
- We will introduce your children to new tastes and flavours
- We cater for medical and cultural diets
- Our menus contain dishes your children will eat and enjoy
- They contain the correct amount of nutrients to help them grow and learn
- We serve as much fresh local produce as possible to reduce food miles and make school meals greener!

Simply tell the school you want your child to stay at lunchtime

### To apply visit

<https://www.bolton.gov.uk/free-school-meals-clothing-alloance/free-school-meal-s-help-school-uniform> or scan the QR code



## Benefit checklist to see if you can apply for your older children

- ✓ If you receive any of these you will qualify for free school meals
- ✓ Income Support
- ✓ Jobseeker's Allowance Income based
- ✓ Employment Support Allowance Income related
- ✓ Support under the Immigration and Asylum Act 1999
- ✓ Guaranteed Pension Credit
- ✓ Child Tax Credit - as long as your letter shows you have an income of less than £16,190 and do not get Working Tax Credit
- ✓ Universal Credit - your earned income must be less than £7,400 a year

# Are you missing out on £460.00 per child per year?

Every little bit helps during the cost of living crisis

Dear Parent/Carer

Make sure you are not missing out on benefits you are entitled to. School meals remain free for ALL children in reception, years 1 & 2 regardless of circumstances and you don't have to apply. Simply tell your school you would like your child to stay for lunch.

School meals are the perfect choice for your child. Children who eat a balanced, healthy diet are more likely to be alert in class and have more energy to enjoy an active lifestyle. Eating with other children will also help them to develop important social skills in their first years at school. We cater for ethical and cultural diets too.

Don't worry if your smaller children are fussy eaters. Our staff are on hand to help them make a choice they will eat and enjoy. No one leaves hungry under our watch!

**Have your circumstances changed? Your older children could be entitled too.**

Did you know that you can claim for free school meals if you are on certain benefits or have a reduced household income when your children reach year 3 and onwards. Follow the quick guide on the next page.

**Your child won't be singled out for receiving free schools meals, they will queue up with their friends and the rest of their class.**

We look forward to serving your child.

Yours sincerely,

Bolton School Meals Team

**Please turn over for more details about using your meal allowance.**



Scan the QR code to take part in our quick survey to win supermarket vouchers.

Your opinions matter to us!