



Hot School Meals from Flourish

Helping your child eat well, every day



Flourish is a not-for-profit social enterprise,
part of Caring Cooks.

Primary School meals in Jersey

Why we started

In 2019, Caring Cooks began a pilot school meals programme with Government of Jersey to support families and improve children's nutrition.

We saw too many lunchboxes filled with processed food and knew something needed to change. That's why we created Flourish, a not-for-profit meal service focused on freshly cooked, nutritious food that children enjoy and parents can trust.

- Meals reviewed by Public Health dietitians
- Created by our award-winning chef Sarah Copp
- Delivered fresh daily by our experienced team
- Compliant with Jersey's School Food Standards
- Supporting local suppliers and sustainability
- We cater for allergies and intolerances - just let us know.

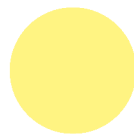


Jersey School Food Standards



Pupils at St Luke's Primary School enjoying lunch

Why it works for families

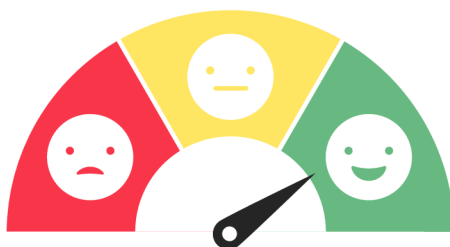


Less stress. More support

- Save over 11 hours a term by skipping packed lunch prep
- Save up to £190 a year by switching to school meals
- No more forgotten lunches or picky eating worries
- Children eat with their friends in a relaxed, sociable setting

"I used to worry my child hadn't eaten properly. Now I know she has a hot, healthy meal every day."

88% of parents rated our meals as good or excellent.



FOOD AND BEHAVIOUR

What children eat can affect how they behave

Highly processed foods like sugary snacks, crisps, fizzy drinks and pre-packaged lunchbox items can cause:

- Mood swings
- Difficulty concentrating
- Hyperactivity or low energy
- Poorer sleep

Children need balanced meals with steady energy and key nutrients to support their brain, body and behaviour.

Hot school meals help children feel fuller for longer, stay focused and better regulate their emotions - giving them the best chance to succeed in the classroom and beyond.

WHAT'S ON THE MENU?

Example of our tasty dishes:

- Roast Thursdays (e.g. roast chicken or veggie sausage with yorkshires, potatoes, veg & gravy)
- Fishy Fridays (fish fingers or veggie quiche with peas and homemade ketchup)
- Meat-Free Mondays (cheesy pasta, jacket potato with ratatouille)
- World Food Wednesdays (chilli, curry, bolognese)
- Tasty Tuesdays (pulled pork rolls, veggie burgers, diced potatoes)

All meals:

- Use MSC-certified fish
- We only use processed food if absolutely necessary.
- Use fresh, local produce wherever possible
- Include free range eggs
- Are low in sugar and salt
- Feature wholemeal flour in puddings

Fresh fruit is always available.



What does it cost?



Hot meals are only £2.50 per day

Meals are free for children who:

- Are or have been in care (Looked After)
- Live in a household receiving Income Support
- Have 'Registered' status and would qualify for Income Support after 5 years in Jersey
- Have a parent serving in the Jersey Field Squadron
- Are experiencing exceptional family circumstances

There is no stigma - no one will know whether your child's meal is paid for or free. Everyone is served the same food in the same way.

If you think you might qualify, ask your school or contact us directly. We're happy to help.

HOW TO SIGN UP



Getting started is easy!

Visit:

<https://flourish.myschoolmealorders.com/register>



- Create your account
- Choose your meals

Need help?

- Email: flourish@caringcooksofjersey.com
- Call: 01534 539009
- Or speak to your school

You can change meals up to **7 days** in advance. Allergy and dietary information is available on request.

We currently provide meals in the following schools:
St Clement's, St Martin's, Grouville, La Moye and St Luke's.

A SERVICE YOU CAN TRUST

Every child deserves a good lunch.

Try our meals for a week and see the difference.
You can start any time.

Quick Start Guide:

- ✓ Cost: £2.50 per day
- ✓ Free meals available - ask your school
- ✓ Sign up: flourish.myschoolmealorders.com
E. flourish@caringcooksofjersey.com

Let us take care of lunch, so you can enjoy your mornings!

