

WHAT IS THE PROBLEM?

86% OF CHILDREN don't eat enough **FIBRE** which is **CRITICAL** for digestive health



80% OF TEACHERS say **UNHEALTHY** lunch/break food can lead to **DISRUPTIVE BEHAVIOUR**



85% OF TEACHERS say **DIET** affects **CONCENTRATION**



PROGRAMME TO SUPPORT NEW SCHOOL FOOD STANDARDS

Free fibre programme for schools

With the new school food standards coming into force this September, your school catering teams will be introducing more fibre, beans, and pulses to the menu.

We know that changing school menus can sometimes face resistance from children, and their parents and carers. That's why Veg Power is launching a brand-new, nationwide campaign this autumn to get children and families excited about healthy eating.

What's in it for your school?

- **Free resources:** Curriculum-supporting lesson plans, an engaging assembly, fun activities, and easy-to-use toolkits designed to require minimal teacher preparation.
- **Improved concentration:** High-fibre meals slow down digestion, helping to prevent classroom hunger crashes and maintain focus throughout the afternoon.
- **National campaign backing:** Celebrities, experts, and major media partners will be bringing the "bean and fibre" message into millions of homes, priming your pupils and parents to embrace the new menu changes.
- **Cost-of-living support:** The programme actively guides parents on how to use affordable beans, pulses and veg to save money on their weekly grocery shop.

The Goal: We create the buzz at home, you engage children in school, your caterers serve the food, and your pupils reap the benefits of a healthier gut and better wellbeing.

Get involved this autumn

This programme is funded by The National Lottery Community Fund 100% free for schools.

Register your interest

Add your email to receive updates about this programme.

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VEGPOWER

BANG IN SOME BEANS



The Food Foundation



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