

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



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



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



Free fibre programme for primary and special schools

Our new programme will help children to eat more fibre by consuming more beans & pulses, as well as fresh fruit and veg at school and at home. It's a caterer led programme in schools, but your support will greatly increase the impact. It has been designed to be flexible to suit individual schools.

At the lightest end, you simply need a little coordination with your caterers and to send information out to your parents & carers. As you wish, you can engage more with an assembly, lesson plans and other activities which will be fun and rewarding for children and teachers, as well as supporting essential curriculum objectives around health, diet, food provenance and sustainably.

What's in it for your school?

- **Free resources:** Curriculum-supporting lesson plans, an engaging assembly, fun activities, participation stickers, 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.

Get involved this autumn

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

Find out more

Register your interest to receive updates or order free stickers.

<https://go.vplink.click/FeelTheFibre>

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VEGPOWER

**BANG IN SOME
BEANS**



The Food
Foundation



**COMMUNITY
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