










Mellors Added Value Programme *Spring and Summer term 2021*

Welcome to the Mellors Added Value Programme for Spring and Summer 2021. This is your guide to the support and resources available to your school from the Mellors Nutrition and Food Development Team to help you develop children's understanding of keeping physically healthy and eating healthily.

How it works

At the beginning of each term, you will receive an electronic pack of resources. These range from factsheets to virtual assemblies and can be used at your convenience throughout the term. There is a theme for the term which all the resources feed into and some of these will be supported by Theme Days in the dining room too.

Activity	SUMMER TERM 2021	AUTUMN TERM 2021
Theme	Eating well to help the environment	Getting the right balance
FACTSHEETS	Meat Free Mondays Buying British  	Sugar – how much is too much? Brain boosting breakfasts  
VIRTUAL ASSEMBLY	Eat well to help the environment: An introduction to the topic from our Company Nutritionist. 	Getting the balance right: An introduction to the topic from our Company Nutritionist. 
VIRTUAL COOKING DEMONSTRATION	Mellors at home: Top tips for cooking with plant-based ingredients. 	Mellors in the classroom: Experimenting with new and exotic ingredients 
FAMILY RECIPE AND ACTIVITY PACK 	Supporting families to eat well to help the environment Healthy recipes, tips on how to get children involved in the kitchen and ideas of activities to do at home to support children's learning and keep everyone active.	Getting the balance right: helping families to eat well whatever their budget: a variety of healthy and affordable recipes to get the balance right at home, including tips on how to get children involved in the kitchen and ideas of activities to do at home to support children's learning and keep everyone active.

ALONGSIDE THESE VIRTUAL RESOURCES, YOUR SCHOOL HAS ACCESS TO OTHER SUPPORT TOO!

- Holding a parents evening or open evening event? Mellors can attend to speak to parents about our fantastic food.
- Speak to your Area Manager about our famous smoothie bike - A stationary bike fitted with a blender that spins as you pedal, mixing up delicious fruit smoothies in an instant.
- For all things Food and Nutrition- Look out for our Mellors termly newsletter- E-mailed direct to your desk

