

## **What works well for small schools using Nanna Kay's meals.**

Nanna Kay's supplies really healthy ground breaking meals for children. In fact , Nanna Kay designed all of the meals for her own grandchildren – Ruby , Lena , Jorgie and Henry. The meals are designed to give the children 1/3 of their nutrition for a day , while also being naturally high in Omega 3 , Zinc , Iron , Vitamins B6 and B12 – and many more !

Many schools buy in our healthy components such as Meatballs , Burgers , mini chicken fillets , mini fish Fillets , sausages and fish cakes , while those with minimal facilities buy in a selection of our sauces with proteins such as the Bolognese sauce and cook their own pasta to go with it .

Our components fit nicely in the food for life 75% cooked from scratch , our other meals fit in the 25% bought in.

However , on our journey , we discovered there are many small schools that struggle with little or no facilities , they had no buying power to purchase within budget – but still wanted good healthy food for their children.

One school in particular in Harold Wood Essex, literally on our doorstep, contacted us as they were at their wits end , could we send in hot meals for them to serve ?

Now , we had never sent the meals in hot before – but how could we say no ? We set about a trial run , we sent our man Russell off on a mission to purchase heat retaining boxes for the van , he then had to install shelves and straps into the van to secure the boxes.

The school had only the reception area where we could safely lay the food out in serving trays on a large hostess type trolley. Russell made it safely there and the food was still lovely and hot and at temperature. As an infant school , we served the food for the children and took it through on trolley's. We hung around to make sure the children enjoyed the food ( or not!) and it was great to see them eating happily.

We designed a three week menu cycle using our dishes and it has been a great hit with the children , the parents and the school – so everyone is happy and well fed. Since then we have been approached by two more schools to provide the same service , we now employ someone just to look after this area of our service , so small schools can offer great healthy food. We supply literature for parents so that they can see that the school is meeting all of their children's dietary needs , nutrition is broken down and they are shown how the cycle provides the children with a varied and healthy diet.

We even supply special dietary requirement food such as gluten / dairy /Halal/vegetarian in single portions so there is no waste.

We do taste tests with the children and ask them to pick their favourites to add in to the cycle, we do quizzes on healthy food with vouchers as prizes , or they are asked to invent a healthy dinner that they would like to eat and the best suggestions get vouchers or an item that their class needs.

The food does not have to be hot , if you have kitchens but minimal facilities you can still buy in the healthiest food possible and heat and serve in house  
We would love to hear from any school that wants to know more or who may need a bit of help feeding the children in their school – we will find a way to help , it's what we do !

Nanna Kay

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