

Dear parent, guardian
Welcome to our monthly newsletter, where we can share information with you from across our business here in Reading.

How many colours have YOU eaten today?



strawberries, tomatoes
red peppers

Good for your heart

carrots, oranges
sweet potato

Good for your eyes

yellow peppers
bananas, corn

Good for your skin

broccoli, cabbage
cucumbers

Good for your bones

blueberries
aubergines, grapes

Good for your brain

eat the rainbow

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Eating lots of different coloured fruits and vegetables gives you superpowers!

DO YOU KNOW ABOUT... **FREE**

UNIVERSAL INFANT SCHOOL MEALS?



EVERY child in Reception, Year 1 and Year 2 can have a cooked school lunch

FRESHLY MADE **HEALTHY** **NUTRITIOUS**

at absolutely no cost to you! - funded by the Government

Please contact your school for more information! caterlink feeding the imagination

Seasonal Food Hero **PARSNIPS**



Parsnips are in season from September to March in the UK. They are harvested in winter because once they are exposed to frost, they develop more taste.

Carrots, fennel and parsley are all in the same plant family as Parsnips. They are all called 'root vegetables' because we eat the root.

Did you know...root vegetables tend to be high in fiber which is good for keeping our guts happy and healthy

Parsnips are great in soups, curries, stir-fries, stews, salads, pies and even desserts.

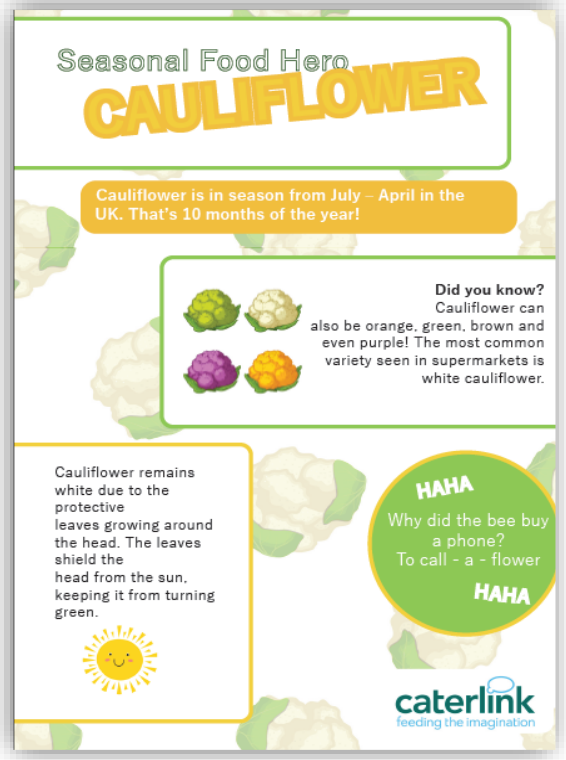
FUN FACT
Before we had sugar, parsnips were used in jams and cakes as a sweetener!

Can you name the root vegetables planted below?



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Seasonal Food Hero **CAULIFLOWER**



Cauliflower is in season from July – April in the UK. That's 10 months of the year!

Did you know? Cauliflower can also be orange, green, brown and even purple! The most common variety seen in supermarkets is white cauliflower.

Cauliflower remains white due to the protective leaves growing around the head. The leaves shield the head from the sun, keeping it from turning green.

HAHA
Why did the bee buy a phone?
To call - a - flower
HAHA

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