

## **HC3S, Your Award-Winning School Caterer**

With over 30 years of school catering experience, our successful ethos is to provide healthy, local, responsible sourced food that children love. Our tasty, freshly cooked, nutritious dishes help your children flourish and reach their potential. As part of a balanced diet, our lunches provide a third of a child's daily calorie intake, to aid concentration levels and give them energy to focus and to play.

We know that providing award winning meals isn't enough and so, at HC3S we go that step further, by helping schools and the wider community to encourage children, parents, carers to live healthy lifestyles and think sustainably.

That's why both our 'Ready Steady Cook' and healthy eating/lunchbox sessions, the later in collaboration we Public Health England, are fun, engaging and available in your area. Our added value 'Food to Flourish Classroom' resources help teachers educate children in an innovative, food related fashion that cuts across the curriculum.

Where opportunity arise, and in a Covid safe environment, we bring live cooking and food related workshops to the classrooms. Sometimes, through partnerships with our suppliers and other local food organisations, outside of the classroom, creating sensory filled memorable experiences.

Celebrate with us throughout the academic year as we support, VegPower's Eat Them To Defeat Them campaign encouraging children to eat more vegetables, Nutrition and Hydration Week and National School Meals Week; key events in the food and drink calendar which are lots of fun.

### **Want to know more about HC3S?**

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Our menus are:

