

Welcome to

National School Meals Week

11th – 15th November 2024

NSMW 2024

Mindful Meals

SLEEP MORE ... ACHIEVE GOALS ... EXERCISE REGULARLY ... MOTIVATE OTHERS ... EAT HEALTHY ... DRINK MORE WATER...

LACA
the school food people
2024 NATIONAL SCHOOL MEALS WEEK

A week of **delicious school meals** and **fun activities**

Enjoy food that is great for your **mind** and **body**,
and a reminder to look after **yourself** and **others!**