


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

### Seasonal Food Hero

# CARROTS

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


The **BIGGEST** carrot ever grown was 6 classroom whiteboards tall (6.2 metres high!)



Did you know? Carrots contain lots of vitamins including vitamin A and vitamin C. Both are needed to give you good eyesight!

**HAHA**  
 Why are carrots good for your eyesight? Because they contain vitamin see!  
**HAHA**

Orange carrots were made from red and yellow carrots, supposedly for the Dutch royal family! They are now the most common colour of carrot in supermarkets.



Potatoes are made up of about 80% water! The human body is only 60% water!

Potato is a root vegetable and is a main part of the human diet worldwide! It contains high amounts of two different vitamins:

- Vitamin B6 – which helps our blood carry oxygen around the body
- Vitamin C – helps to protect the cells within our body and keep them healthy

Potatoes are very old! And date back to Peru where the Incas natives where the first ever to grow them! This was over 10,000 years ago!



# POTATOES



Have you ever tried sweet potatoes?  
 How about red, purple or even blue potatoes?

You can eat potatoes in so many ways – boiled, mashed, as chips or potato wedges, as a baked potato with a topping, as roast potatoes or even potato waffles!

Everyone has a favourite way to eat potatoes – what's yours?!



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! 

We ensure the menu adheres to the School Food Standards . That means your child is getting a well balanced and nutritious meal through out their school day.

Our desserts are handmade in house.



## DID YOU KNOW?

- Per meal, we provide:**
- 1 portion of protein
  - 1 portion of carbohydrates
  - 2 portions of vegetables
  - A choice of salad daily
  - Freshly baked bread
  - 1 homemade dessert

If you would like to work as part of a GREAT team here in Reading, we offer school hours, term time, full training, uniform including safety shoes and employee benefits, all our vacancies are advertised on our website [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk) under careers (search READING)