



# Strode's College

Financial Support  
2016/17



## Quick Guide – Free College Meals 2016/17

### WHAT ARE FREE COLLEGE MEALS?

Free College Meals is a scheme where eligible students received a £3.00 credit daily to be used towards either breakfast or lunch. Student's credit will be automatically added to their ID badge each day and can be spent in our on-site student café Ed's Kitchen.

### AM I ELIGIBLE?

To be eligible for free college meals students or their parents/carers must be in receipt of one or more of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Support under Part VI of the Immigration & Asylum Act 1999
- Child Tax Credit (providing that you are not entitled to Working Tax Credits) and have an annual gross income of no more than £16,190, as assessed by HMRC
- Guaranteed element of State Pension Credit
- Income-related Employment Support Allowance (ESA)
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- Universal Credit (during the initial roll-out)

### WHO CAN I TALK TO FOR MORE INFORMATION AND ADVICE?

Please come to Student Services, in the Student Centre, and talk to a member of our team, email [welfare@strodes.ac.uk](mailto:welfare@strodes.ac.uk) or an application form can be downloaded from the website within 'Student Life, Financial Assistance'.

### WHAT'S ON OFFER?

There is a wide variety of hot and cold food available from the canteen daily. You can also take advantage of a number of meal deals. Please see overleaf for some examples of meal combinations. If you have any dietary or nutritional queries, please see Student Services who will be able to advise you further.

## WHAT'S ON OFFER

Ed's Kitchen, our student café, offers a range of food options that students purchase with their Free College Meal allowance. The meal deal example combinations include a main, snack + drink, but you can also have breakfast or a combination of your favourites.

Please speak to the staff in Ed's Café or Student Services for more information.

### 1. BREAKFAST: Any of these items



Or a Bacon / Sausage Butty

### 2. LUNCH MAIN OPTIONS



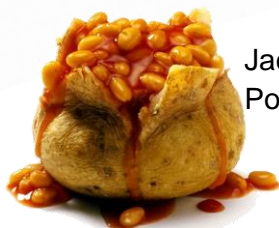
Wrap



Sandwich



Panini



Jacket Potato



Salad Bowl



Pasta King Pot

### 3. LUNCH SNACK OPTIONS



Selection of Fresh Fruit



Crisps



Selection of Confectionary

### 4. DRINK OPTIONS



Soft Drink



Juice



Water