



Olive AP Academy
THURROCK

Olive Academies

Head of Academy – David Stevens

To all parents/carers

16 March 2023

Dear parent/carer

Free meal plans

We have received communication from a company called FiveDinners.com who offer free meal plans as part of an initiative to help families struggling with the cost of living to eat better and take away the constant question of what to cook every night.

Every week, FiveDinners.com will issue a new meal plan with a single shopping list, set to the number of people you are feeding so you know exactly what you need to buy for the week. All our recipes are easy to follow, with a nutritional breakdown and many with videos. Members can create their own meal plans with our recipes choosing from vegetarian, GF, kid friendly, quick and easy, airfryer, etc.

For a limited time, there is a free lifetime membership to FiveDinners.com. Simply head to <https://FiveDinners.com> and click green Join button now.



Yours sincerely

David Stevens
Head of Academy