

School food is

changing

How you can support the new standards

What children eat plays a vital role in their growth and development – which is why we are making all food in schools healthier and more nutritious. But we need your support. Encouraging your children to try the new food will really make a difference.



DID YOU KNOW?

OVER A THIRD OF CHILDREN AGED 6-15 YEARS ARE OVERWEIGHT OR OBESE AND MORE AT RISK OF DEVELOPING HEART DISEASE, DIABETES AND CANCER.

WHY NOT...

Visit our website **NOW**
www.schoolfoodtrust.org.uk
or for more advice call
0800 089 5001

SCHOOL FOOD TRUST
Eat Better Do Better

At a glance



The **NEW** standards for school lunches

These healthier foods and drinks **should** be on school menus

	FRUIT AND VEGETABLES	✓
	OILY FISH	✓
	BREAD	✓
	DRINKING WATER	✓
	HEALTHIER DRINKS	✓

more

These foods are now **restricted** or no longer allowed

	NO CONFECTIONERY	✗
	NO SAVOURY SNACKS	✗
	NO SALT CONDIMENTS - RESTRICTED	✗
	DEEP-FRIED FOODS - RESTRICTED	✗
	MEAT PRODUCTS - RESTRICTED	✗

less

PACKED LUNCHES PACKED
WITH PLENTY OF

Experimenting with healthy
and tasty snacks

GOODNESS

If your child takes a packed lunch to school, you can support the new school food standards by packing a healthier lunch.

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DID YOU KNOW?
WATER IS THE BEST
DRINK FOR CHILDREN
TO HAVE TO QUENCH
THEIR THIRST.

DID YOU KNOW?
THE AVERAGE CHILD IN THE
UK EATS LESS THAN HALF
OF THE RECOMMENDED 5
PORTIONS OF FRUIT OR
VEGETABLES EVERY DAY.

DID YOU KNOW?

EATING SUGARY FOODS AND SIPPING
SUGARY DRINKS, PARTICULARLY BETWEEN
MEALS CAN CAUSE TOOTH DECAY WHICH
LEADS TO TOOTH CAVITIES.



The Tariq family from Surrey have three children of secondary school age, Kapil (18), Rabir (16) and Alexander (12). Mum, Christel,

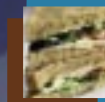
says that she and her husband, Mo, always eat healthily so the children are more likely to copy; she always leaves out a bowl of healthy snacks within reach such as nuts*, seeds and fruit.

Christel has also discovered that inventing new, tasty and healthy snacks has challenged her children's perception of healthy food being boring and encouraged them to try new things. For example, frozen banana chunks make a good alternative to ice cream and lollies.

4 EASY CHANGES



CHANGE chocolate for fresh fruit



CHANGE white bread sandwiches for wholemeal



CHANGE crisps for a yoghurt



CHANGE the content daily – variety is the spice of a packed lunch

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*Be allergy aware, visit www.allergyinschools.co.uk