

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](http://www.schoolfoodtrust.org.uk)  
or for more advice call  
0800 089 5001

**SCHOOL  
FOODTRUST**  
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



MANUFACTURED MEAT  
PRODUCTS - RESTRICTED



less

PACKED LUNCHES PACKED  
WITH PLENTY OF

# 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.

**SCHOOL  
FOOD TRUST**  
Eat Better Do Better

Experimenting with healthy  
and tasty snacks



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