# School food is

## **Ataglance**



The NEW standards for school lunches

### 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.



be on school menus

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## 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.

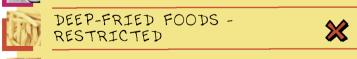
#### WHY NOT..

Visit our website NOW www.schoolfoodtrust.org.uk or for more advice call













#### PACKED LUNCHES PACKED WITH PLENTY OF

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

WHY NOT. Visit our website NOW

www.schoolfoodtrust.org.uk or for more advice call 0800 089 5001

## DID YOU KNOW?

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

SCHOOL FOOD TRUST

Eat Better Do Better

#### DRINK FOR CHILDREN TO HAVE TO QUENCH THEIR THIRST.

WATER IS THE BEST

#### 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 voghurt



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