

Eat Better Do Better

School food is changing to help your child get more of the goodness they need

These healthier products should be on your menus



More Fruit and Vegetables

Not less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.



More Oily Fish

Oily fish such as mackerel or salmon should be served at least once every three weeks.



Bread

Bread should be available at lunch every day.



Drinking Water

Free, fresh drinking water should be available at all times.



Healthier Drinks

The only drinks served should be water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, smoothies, low calorie hot chocolate, coffee and tea. (NB Artificial sweeteners could be used only in yoghurt and milk drinks, or combinations based on yoghurt or milk.)



This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

These foods are now restricted or no longer allowed



NO Confectionary

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be available for lunch.



NO Savoury Snacks

Savoury snacks such as crisps should not be available for lunch. Only nuts and seeds with no added salt, sugar or fat are allowed.



No Salt Condiments - Restricted

Salt should not be available at lunch. Condiments, such as ketchup and mayonnaise, should only be available in sachets.



Deep Fried Foods - Restricted

Meals should not contain more than two deep-fried foods, such as chips and batter-coated products, in a single week.



Manufactured Meat Products - Restricted

These products, such as chicken nuggets, burgers and sausage rolls, may only be served occasionally, and only providing they meet standards for minimum meat content and do not contain any prohibited offal.



Contact your school to find out more or visit www.schoolfoodtrust.org.uk



We've committed to healthier eating in schools. *Have you?*

