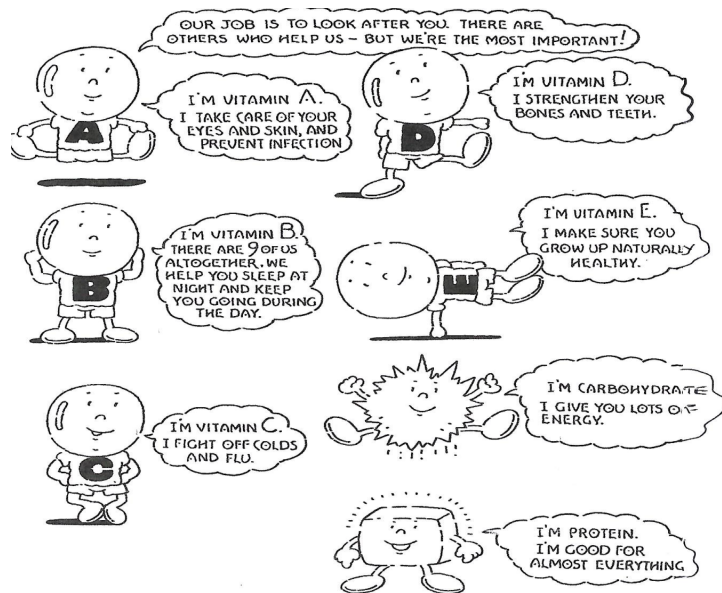


The Galley School Dinner



Vs Packed Lunch



School Dinner Vs Packed Lunches

THE RIGHT CHOICE

As a parents with young children, We know there are lots of things to worry about when your little one starts school for the first time. Will they like their teacher? Will they make friends? Will they ever grow into that uniform?

But the one thing you can be reassured about is school lunch.

School menus are now measured against tough national standards - so by choosing school meals for your child, you know they're being offered healthy, tasty dishes to fuel them up for the afternoon.

When children eat better, they do better.

Our children now benefit from some of the healthiest school lunches in the world.

National standards mean that school lunches provide at least one portion of fruit and one portion of vegetables every day for each pupil. The standards ensure food is lower in fat, sugar and salt by restricting deep-fried foods and not allowing chocolate, sweets, salty snacks and sugary drinks. School lunches are now healthy, well balanced and nutritious. They pack in the essential vitamins and minerals your child needs to help them grow, develop, fight infection and have the energy to lead a happy and healthy life.

School meals are significantly more likely to contain salad and vegetables than packed

School lunches are on average lower in fat, sugar and salt than packed lunches



FRUIT 'N' VEG

ALL SCHOOL LUNCHES MUST NOW PROVIDE AT LEAST ONE PORTION OF FRUIT AND ONE PORTION OF VEGETABLES OR SALAD PER CHILD.



This Lunch has
No portion of
Salad or Vegetables

Making a nutritionally
balanced packed lunch
each day could take
between 50 and 190
hours of preparation



One study has shown that children in primary schools were three times more likely to concentrate in the classroom after having a school lunch

Sample Packed Lunch based on lunches brought into our school

Cost and Nutritional Breakdown

Costs from Tesco's on-line

Multibuy's:

Dairylea Lunchables x 1	£1.60
Fruitshoot £3.50 x 8 200ml	£0.42
Peperami £2.75 x 10 10g	£0.27
Crisps Tesco 6 x 100g £1.10	£0.18
Bear Fruit YoYo 5 x 80g £2.85	£0.38
Snack Apples 1 x 80g	£0.60
Mini Cookies Maryland 6 x 118g £1.20	£0.20
Frubes 9 x 37g £2.00	£0.22

Total: **£3.87**

Costs from Aldi

Dip it 4 x 43g £1.75	£0.48
Fruityblasts 8 x 200ml £1.59	£0.20
Meatster 10 x 100g £2.09	£0.23
Teddy Faces 6 x 19g £1.09	£0.18
Dinos Fruit YoYo 5 x 20g £1.69	£0.34
Snack Apples 1 x 80g	£0.39
Mini Cookies 6 x 20g £0.99	£0.16
Tube it 9 x 37g £1.25	£0.14

Total: **£2.80**



This packed lunch is high in fat, sugar and salt

Of those pupils bringing a packed lunch, over half ate sweets or chocolate, and almost half ate salty snacks such

SCHOOL DINNER PACKED LUNCH

Keep out!

Some food seems ideal for the lunchbox, claiming to be healthy and good for your child. Many of these foods are packed full of salt and sugar though. Here we name and shame some of the worst offenders.



Cereal bars

These may appear to be a healthy choice, because they contain nuts and berries, but they are usually very high in sugar and fat. The sticky sugar remains on the teeth after eating too.

Flavoured yoghurt

Some yoghurts now come with sweets on the side to stir in. These are to be avoided because of their high sugar levels. Choose instead a plain yoghurt, with some honey or dried fruit to stir in.



Processed cheese



Processed cheese products, such as cheese strings, are usually very high in salt and saturated fat. One snack can have as much salt as your child should eat in an entire day.

Real' fruit juice



Pure fruit juice has to contain 100% fruit. A 'real fruit drink' though, can contain far less, and can be mainly made up of sugar, water and artificial flavourings. Make sure you always check labels to see exactly what your child is drinking.

Packed lunch tips

Smuggle the health into your kids lunchbox using underhand methods



Fruit and veg

Cutting up fruit and veg into bite size chunks increases the fun factor and reduces the time taken to eat them. Try chopping up some cucumber and carrots into sticks, or making some fruit skewers. A hand full of dried fruit, like raisins or apricots, always goes down a treat too.



It's good to talk

Communication is very important; tell your child why you are insisting on healthy food, and ask them what they did and didn't enjoy. Build on their tastes, and ask them if their classmates are eating anything they would like.



Get creative

Your Children will really appreciate personal touches in their lunchbox like stickers, notes, jokes, smiley faces on food, and funky napkins. Getting creative is fun for you too.

Keep it fresh

Perfectly nice food can become seriously unappealing after it has dried out. Cling film is great for keeping food fresh, and damp kitchen towel is great for vegetable sticks. If you are making sandwiches with tomatoes, you could take the seeds out to stop the bread going soggy.



Drinks

A drink will keep your kids hydrated and help them concentrate in lessons. Avoid anything sugary or fizzy; stick to unsweetened juice or water.

Get salt out

A high salt diet is bad for you child. Familiarise yourself with labels and always examine salt content. Anything that is above 1.25g of salt per 100g is high in salt and should be avoided.

Packed Lunch Breakdown

Nutritional Guideline **Daily** Amounts (GDA) For Children

	Children 4-6 years	Children 7-10 years
Calories	1550	1750
Fat (g)	60	70
Sat Fat (g)	20	20
Carbohydrates (g)	195	220
Total Sugar (g)	75	85
Protein (g)	20	28
Fibre (g)	12	16
Salt (g)	3	5

Breakdown of a selection of packed lunch items

Dairylea Cheese Dunkers	9.3g fat = 2 teaspoons fat 4.5g saturated fat – 1/3 daily allowance for 4-6 year olds 0.92g salt = 1/3 the daily allowance for 4-6 year old 1.8g sugar = 1.5 teaspoons sugar
Cheese bakes per 25g bag	6.4g fat = 1.5 teaspoons fat 1.7g saturated fat 0.38g salt 1.0g sugar = .1/4 teaspoons sugar
Peperami 10g stick	3.7g fat = 1 teaspoons fat 1.5g saturated fat 0.41g salt 0.5g sugar
Bear Giant YoYo per 20g	0 fat 0 saturated fat 0 salt 8.4g sugar = 2 teaspoons sugar