

School Food

You may have noticed that **School Food has been changing!** Since Jamie Oliver campaigned for improvements, school meals now have certain standards which they must meet.

Change takes time, but the benefits to our children's health will be worth it in the end! Why have new school meal standards been introduced?

- The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.
- These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.
- They should have a positive impact on children's health, help encourage them to eat more nutritious food and improve the quality of school food nationwide.
- Feedback from teachers suggests that the changes in the food provided help bring about better behaviour and performance in the classroom.



What are the new Standards?

These healthier foods and drinks should be on School menus

- ✓ Fruits and vegetables
- ✓ Oily Fish
- ✓ Bread
- ✓ Drinking water
- ✓ Healthier drinks

These foods are now restricted or no longer allowed

- ✗ No Confectionary
- ✗ No Savoury Snacks
- ✗ No Salt (Condiments restricted)
- ✗ Deep-fried foods restricted
- ✗ Processed meat products restricted

"The School Food Trust's new standards for school lunches are an important step in getting children to eat better and in turn, do better. Measures like less salt, sugar and saturated fat are common sense but will make the world of difference. Feeding children on crisps and cola is like running cars on crude oil, they just won't work."
- Gary Rhodes.

Want to know more about School Meals?



Check out the School Food Trust (www.schoolfoodtrust.org.uk)

There's lots of information for parents, children and schools

What is a free school meal and do you qualify?

Free school meals are school lunches that are provided for your child if they attend a state school and you are in receipt of

- Income support
- Income-based Job Seeker's Allowance
- Child Tax Credit, without any Working Tax Credit and with an annual income below £14,495
- Guarantee Element of Pension Credit
- Asylum Seeker payments from Social Services or NASS

You need to apply 2 months before the start of term – so apply now for September 2008!

MAY 2008

thur	1	sat	17
fri	2	sun	18
sat	3	mon	19
sun	4	tue	20
mon	5	wed	21
tue	6	thur	22
wed	7	fri	23
thur	8	sat	24
fri	9	sun	25
sat	10	mon	26
sun	11	tue	27
mon	12	wed	28
tue	13	thur	29
wed	14	fri	30
thur	15	sat	31
fri	16		

For more information or to apply for Free School Meals, go to the Access Point in Downham Health and Leisure Centre (or Laurence House, Catford or Giffin Street, Deptford) to pick up the relevant form