

Healthier Eating at Chalton Lower

STANDARDS for SCHOOL DINNERS and PACKED

New Government regulations for food in our schools were launched in September 2006. These new standards raised further the standards of our school food. If you do not currently have school dinners this



might be a time when you would like to consider taking them so you can enjoy the many benefits of having one. Surveys have shown that school dinners

are more nutritious than packed lunches. For those continuing to bring food into school we would like to encourage you to try and work towards bringing in food that meets the same basic standards as the food provided in the school dinner.

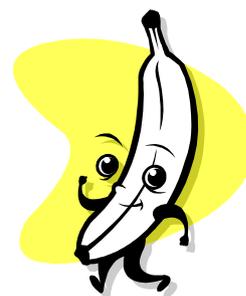
These standards are to include:

- * A starchy food which is not cooked in fat such as bread, chapatti, bagel, wrap, rice or pasta.
- * A protein food such as meat, fish, egg, cheese, pulses
- * At least one portion of vegetables e.g. salad items in a sandwich or rice salad or vegetable sticks
- * At least one portion of fruit including a dessert with fruit; fresh, dried or tinned fruit or fruit juice
- * A dairy food e.g. yogurt drink, yogurt or cheese
- * A drink such as water, or milk



What about crisps, chocolate and cakes?

These are OK occasionally, just not everyday e.g. for Friday Favourites!
Try to limit the fatty and sugary foods to just one item at lunch.



Nutritional Standards

There are other new standards to improve the nutrition and health of our children and the choice of food offered to them.



The school dinners will also be avoiding poor quality processed food, cooking more from basic ingredients and not using choco-

late - just cocoa in some dishes.

There is growing national evidence of the effect of poor diet on our school children both in terms of their health, behaviour and performance at school and on their health as adults.

We will therefore be developing a whole school food policy in discussion with the whole school community e.g. parents and pupils.

Pack a Healthy Lunch

Marvellous Meal Ideas

- * Ham and pineapple pizza slice
- * Tub of mixed salad
- * Small pot of rice pudding
- * Cereal bar

- * Cheese spread and crackers
- * Chicken drumstick
- * Carrot sticks & Apple

FAB SANDWICH FILLINGS

- * Egg and cucumber
- * Cheese and grated carrot or apple
- * Mashed sardines and tomato
- * Ham and coleslaw
- * Chicken tikka with salad
- * Cheese spread and tomato
- * Houmous and salad

- * Pasta salad (cold cooked pasta, tuna, mixed vegetables, and a little reduced-calorie mayonnaise or salad cream)
- * Fruit yogurt
- * Malt loaf or homemade cake

- * Tortilla wrap with grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- * Cherry tomatoes
- * Banana
- * Fruit fromage frais

- * Potato and sausage salad (cold cooked or canned potatoes, sliced cooked sausage, grated carrot, cooked peas, onion, and a little reduced-calorie mayonnaise or salad cream)
- * Mini carton of custard
- * Digestive biscuit

- Rice, bean and ham *salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
- Peach or nectarine
- Low fat fruit yogurt
- Slice of banana bread
- Bottle of water
- * Can omit ham or replace beans with dahl.

Keep your lunch cool!

Use a cool bag. Pop in an ice-pack or freeze a carton of juice to keep food cool.

Keep in the fridge until morning if you make it the night before.

Don't place your lunch next to a radiator or in the sun.



PACK A HEALTHY LUNCH

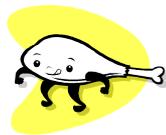
There's nothing wrong including foods that contain fat and/or sugar—just try to limit to one item per lunch and make healthier choices when you can e.g. fruit loaf, homemade scone, currant bun, slice of carrot cake, plain popcorn, scotch pancake, crepe.



FABULOUS FILLINGS

Meat, fish and alternatives are a good source of protein and iron, and great in sandwiches or salads.

- Fish
- Eggs
- Chicken
- Lean meat



Fillings such as cheese are from milk and dairy products

Variety of Breads

- Pitta—white and brown
- Tortilla wraps—try different flavours
- Granary, multi-seed, wholemeal, white or rye
- Soda bread
- Baps, rolls, French stick
- Chapatti and Naan bread
- Ciabatta

POP IN A DRINK!

- * Water
- * Plain or flavoured milk—good sources of calcium for healthy bones and teeth
- * Pure fruit juice or Fruit Smoothie - good source of vitamin C

FEELING FRUITY

Eating 5 (or more) portions of fruit and vegetables every day helps you stay fit and healthy!

Websites for ideas:

www.nutrition.org.uk—packed meals

www.schoolfoodtrust.org.uk

www.food.gov.uk/wales/nutwales/getcooking/

- recipe ideas for home too! & www.healthyliving.gov.uk/