

## Is your child starting school soon?

Find out what Universal Free School Meals mean for your child



### Don't forget to try school dinners

From September 2014 every infant (aged 5-7) in England is now entitled to a free, healthy and nutritious school lunch.

### What does this mean for me?

If you have a child in reception or Year 1 or 2, you no longer need to pay for a school meal or provide a packed lunch. This could save you approximately £400 per year.

### How do I know the lunch is healthy?

All schools have to meet the new school food standards. This means that the food will be healthy and nutritious.

### How do I register my child?

Just make sure your child is signed up. Contact the school for further details.



For more information on Universal Infant Free School Meals visit this website [www.childrensfoodtrust.org.uk/page/what-universal-infant-free-school-meals-mean-for-your-child](http://www.childrensfoodtrust.org.uk/page/what-universal-infant-free-school-meals-mean-for-your-child)

The Children's Food Trust aims to reduce childhood obesity and malnutrition, and enhance educational performance through improving the food our children eat in early years settings, schools and beyond. Register our charity number 1118995.

## Healthy packed lunches for early years

A practical guide for parents and carers

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn. Early years settings are improving the food they provide and how they encourage children to eat healthily, and they need your support.

The key to a balanced meal is variety. This leaflet provides you with some ideas of what to include to ensure that your child's packed lunch is healthy, balanced and nutritious.

A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:

- 1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon.
- 2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness.
- 3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.
- 4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth.

**Foods and drinks high in saturated fat, sugar (and/or salt)** – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth.

