

# PACKED LUNCH VS SCHOOL MEAL

THE SCHOOL FOOD TRUST HAS CARRIED OUT A DETAILED STUDY TO FIND OUT WHICH WAS BETTER, PACKED LUNCHES OR SCHOOL MEALS. HERE ARE SOME OF THEIR FINDINGS -

OVER 90% OF PUPILS TAKING A SCHOOL LUNCH ATE FOOD & DRINK ITEMS CONTAINING VEGETABLES, SALAD, PULSES OR FRUIT COMPARED WITH ONLY 58% OF PUPILS BRINGING PACKED LUNCHES

66% OF PUPILS TAKING SCHOOL LUNCHES TOOK SERVINGS OF VEGETABLES & SALAD COMPARED WITH ONLY 8% OF PUPILS BRINGING PACKED LUNCHES. SIMILAR TRENDS WERE SEEN FOR WATER

THE NUTRIENT CONTENT OF AN AVERAGE PACKED LUNCH CONTAINED MORE CARBOHYDRATE, ADDED SUGAR, FAT, SATURATED FAT, VITAMIN C, SODIUM, CALCIUM, AND LESS PROTEIN, FIBRE AND ZINC, THAN A SCHOOL MEAL



FAR FEWER PUPILS TAKING SCHOOL LUNCHES ATE CONFECTIONERY, NON-PERMITTED DRINKS AND SNACKS



PUPILS WHO EAT PACKED LUNCHES TYPICALLY HAVE HIGHER AVERAGE INTAKES OF SUGAR (NMES), FAT, SATURATED FAT AND SALT THAN THOSE TAKING A SCHOOL LUNCH.

THE AVERAGE PACKED LUNCH EATEN BY PUPILS CONTAINED A HIGHER PERCENTAGE OF ENERGY FROM ADDED OR FRUIT SUGARS AND SATURATED FAT THAN THE AVERAGE SCHOOL LUNCH EATEN BY PUPILS

PUPILS WHO EAT PACKED LUNCHES ON AVERAGE CONSUME MORE PROCESSED MEAT PRODUCTS AND NON-PERMITTED FOOD AND DRINK ITEMS WHICH SCHOOLS RESTRICT OR BAN AT LUNCHTIME UNDER MANDATORY STANDARDS FOR SCHOOL MEALS

**YOU CAN SAVE UP TO £437 PER YEAR!**  
PER KS1 CHILD BY CHOOSING FREE SCHOOL MEALS

FOR MORE INFORMATION PLEASE VISIT [WWW.FEEDINGHUNGRYMINDS.CO.UK](http://WWW.FEEDINGHUNGRYMINDS.CO.UK) OR GET IN TOUCH BY EMAILING [HELLO@FEEDINGHUNGRYMINDS.CO.UK](mailto:HELLO@FEEDINGHUNGRYMINDS.CO.UK)

