

# School Lunch 'v' Packed Lunch

## Parents



## IMPORTANT INFORMATION



- School lunches are nutritionally balanced and exceed Government health guidelines set for primary school children.
- School lunches contain minimal salt, sugar and saturated fat.
- Our Nutritionist compared two typical packed lunches to a Pride Catering school lunch and found the following.
  - a) A shop bought sandwich, drinks pouch and packet of crisps has very high fat content and over three times the recommended salt.
  - b) A homemade ham sandwich, banana, yogurt coated fruit and drinks pouch has almost the maximum saturated fat and five times the sugar than a school lunch and over two and a half times the recommended salt.

