



11th September 2017

Dear Parent/Guardian,

School Packed Lunches

Quite a number of children have opted to bring a packed lunch instead of having a school meal. Whilst I would always encourage pupils to have a healthy school meal, I do understand that some parents may wish to provide a packed lunch from home. Many children already have fairly healthy packed lunches and as parents you should be commended for your thought and care which goes into planning meals for your child across the week.

However, for some families this may require significant changes to what you give your child for a packed lunch as some packed lunches have become very unhealthy.

With this in mind, and in line with our drive to encourage our children to have a healthy lifestyle, both now and when they are older, we **request** and **suggest** that parents providing packed lunches consider and act upon the following “**guidelines.**”

Drinks

- Children should not bring a drink into school as water is provided for children who are on packed lunches. **No Fizzy drinks, flavoured waters etc. are allowed into school.**

Packed lunches should always include:

- At least one portion of fruit or vegetables every day for vitamins and minerals

Try to avoid daily occurrences of:

- Chocolate biscuits
- Pasties and sausage rolls
- Crisps

Friday Treat

Each Friday, the children can bring a treat-“Treat Friday”. This may be a chocolate bar or a packet of crisps to have in their packed lunch.

Packaging

Try to avoid unnecessary packaging that some supermarkets have with certain packed lunch products. Again, we are trying to encourage our children to reduce and recycle. Therefore, we ask children to take their packaging home so that it can be recycled.

Yours sincerely

Mr J Conwell

Head of School



A Guide to Building...

Healthy Snacks & Lunchbox

P2/P

Bring **WATER** everyday!

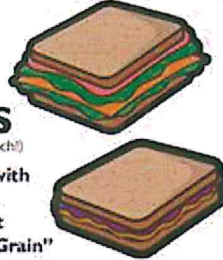
Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

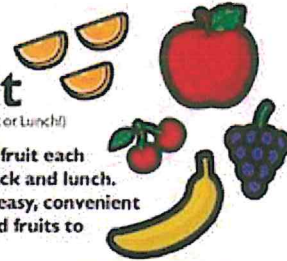
Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)

LUNCHBOX BUILDER

CREATE A MAIN

USING A PORTION FROM EACH OF THE FOUR GROUPS BELOW

- WHOLEMEAL BREAD
- WHOLEMEAL PASTA
- WHOLEMEAL PITTA
- BAGEL
- GRILLED CHICKEN
- TUNA
- HUMMUS
- EGGS
- LETTUCE
- SWEETCORN
- TOMATOES
- PEPPERS

SNACK

NOW CHOOSE ONE OR TWO YUMMY SNACKS

- FLAPJACK
- RICE PUDDING
- DRIED FRUIT
- BANANA BREAD
- MINI PRETZELS
- GRANOLA BAR
- BREADSTICKS
- DIPS



FRUIT & VEG

FINALLY ADD TWO FROM YOUR FIVE PORTIONS A DAY

- BLUEBERRIES
- APPLE
- STRAWBERRIES
- GRAPES
- BANANA
- SATSUMA
- SUGAR SNAP PEAS
- CARROTS
- CUCUMBER
- CHERRY TOMATOES
- BROCCOLI
- CELERY