

29 November 2019

Dear Parents/Carers

Our Lunchtime Supervisors have noticed that some of our children having a packed lunch do not seem to bring a healthy lunch every day.

A healthy lunch should have foods that contain carbohydrates, fibre, protein and fruit or vegetables, which will help the children to concentrate on their learning in the afternoons. We will be carrying out checks next week on every child's lunchbox to make sure they are healthy and nutritious.

We have made a list of foods and snacks that would make a nutritious lunchbox for your child if they have a packed lunch. We do not allow fizzy drinks, crisps or chocolate.

There are three categories below. Please choose one from each category when preparing their lunchbox. You know your child best. These are examples and you may wish to provide a similar source of protein or carbohydrate. If in doubt please ask.

| OPTION 1 Carbohydrates/Fibre/Protein | OPTION 2 Fruit/Vegetables | OPTION 3 Snack/Dessert |
|---|--------------------------------------|-----------------------------------|
| Egg | Apple | Yogurt |
| Tuna | Banana | Breakfast Bar |
| Chicken | Grapes | Cheese & Biscuits (Ritz) |
| Salad | Orange | Raisins |
| Pasta | Carrot /Cucumber Sticks | Custard Pot |
| Rice | Fruit Salad | Jelly |
| Pitta Pockets with Filling | Vegetable Salad | Muffin |

Water is provided at lunchtime, so please do not include any drinks in their lunchbox, unless there is a medical need to do so.

Please sign the slip below to agree to the above arrangements if your child has a packed lunch. Should you have any questions regarding this, please contact school.

As always, your support to help our children to learn and stay healthy is appreciated.

Yours sincerely

**Mrs H Haunch
Principal**

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I agree to provide

my child _____ in class _____ with a healthy lunchbox.

Signed: _____ Parent/Carer Date: _____

