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Head: Avril E. Armstrong

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Dear Parents/Carers,

As you may be aware there is increasing concern about rising rates of obesity and related health problems in children in the UK. These concerns have been further highlighted during the Covid lockdown. As a school, we have a responsibility to help children eat healthily, so as to not only be fit and healthy but also to be alert throughout the school day. A balanced diet is key to this, and as such, suggestions and guidance is provided below regarding packed lunches.

A balanced diet includes foods from each of the five food groups: carbohydrates, protein, dairy, fruit and vegetables, and small amounts of fats and sugars.

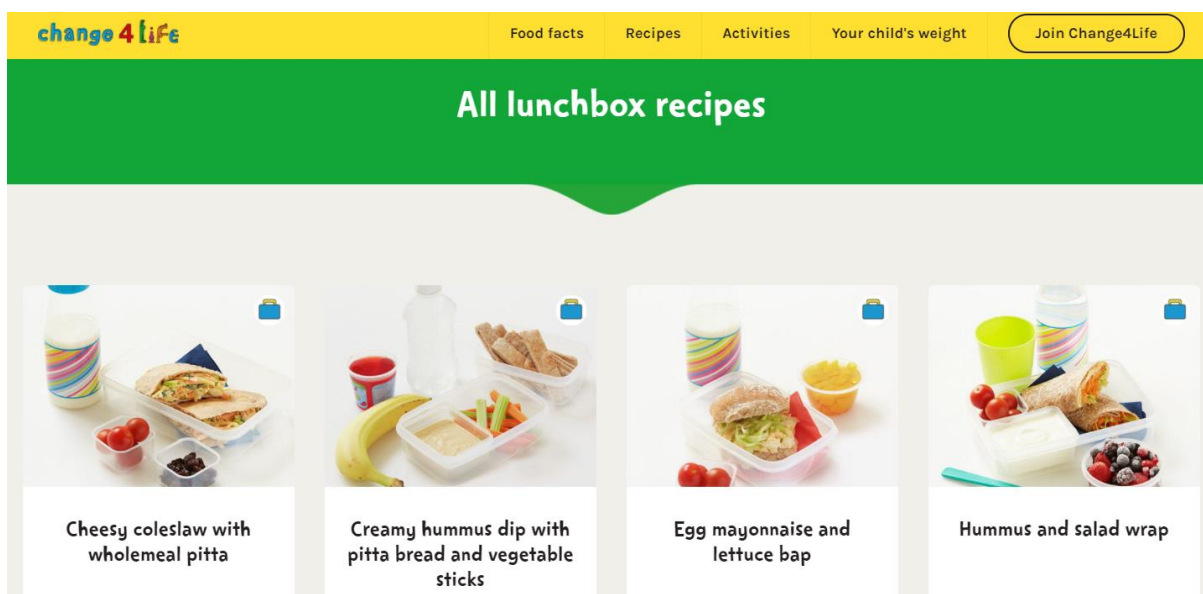


Based on this, a possible balanced and healthy packed lunch might be

- A cheese and ham sandwich with lettuce, tomato and wholemeal bread
- Blueberries and raspberries
- Fresh orange juice
- A cereal bar

Children should not have a fizzy drink or chocolate yoghurts (fruit yoghurts are allowed). If children do have an item with chocolate (chocolate spread in a sandwich or a chocolate cake), this should be limited to one item. For example, they should not have a sandwich with chocolate spread and then a chocolate cake.

To support packed lunch preparation, we have provided a 'Change 4 Life' link with suggestions and ideas on healthy and balanced packed lunches. It is also important to consider not only the food included but the quantity too. <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



The screenshot shows the Change4Life website interface. At the top is a yellow navigation bar with the 'change 4 life' logo on the left and links for 'Food facts', 'Recipes', 'Activities', and 'Your child's weight' in the center. A 'Join Change4Life' button is on the right. Below the navigation bar is a green banner with the text 'All lunchbox recipes'. Underneath, there are four recipe cards, each featuring a photograph of a lunchbox and a title:

- Cheesy coleslaw with wholemeal pitta**: Shows a lunchbox with a sandwich, coleslaw, tomatoes, and a drink.
- Creamy hummus dip with pitta bread and vegetable sticks**: Shows a lunchbox with hummus, pitta bread, vegetable sticks, a banana, and a drink.
- Egg mayonnaise and lettuce bap**: Shows a lunchbox with a sandwich, lettuce, tomatoes, and a drink.
- Hummus and salad wrap**: Shows a lunchbox with a wrap, hummus, salad, and a drink.

We hope that you find this information useful and thank you for your support,

Avril Armstrong and the PE Team