



September 2018

## HEALTHY PACKED LUNCHES

We are very committed at St Mary's to giving children the best possible start in life, and that includes their health and well-being. We are constantly talking to our school lunch providers about providing healthy options, and it is also very important that children with packed lunches are eating healthily every day.

In order to achieve this, we really need your help! Please look at the table below for items not allowed in packed lunchboxes and alternatives.

<p><b>No Crisps</b> <i>Crisps contain more fat than is healthy to eat every day. They should only be a 'treat' item.</i></p>  	<p><b>Why don't you try...?</b></p> <ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Crackers</li> <li>• Rice cakes</li> </ul>  	<p><b>No Sweets</b> <i>Sweets are not appropriate for a meal as they contain far too much sugar.</i></p>  	<p><b>Why don't you try...?</b></p> <ul style="list-style-type: none"> <li>• Dried fruit</li> <li>• Cereal bars (without nuts)</li> <li>• Fruit rolls</li> </ul>  
<p><b>No Chocolate</b> <i>Chocolate contains both fat and sugar and should only be for special occasions. This includes chocolate biscuit bars, such as 'Penguin' or 'Gold Bar'.</i></p>     <p><i>Biscuits without chocolate (eg digestives) are still allowed at the moment.</i></p>		<p><b>No Soft Drinks</b> <i>Ideally, children should drink water, or juice with no sugar. Soft drinks contain either sugar, or strong alternatives, that are not healthy to drink regularly.</i></p>  	
<p><b>No 'Take-away' food</b> <i>Food bought from a fast-food shop, eg McDonald's, should not be in lunch boxes. This food is for consumption straight-away – it is not necessarily safe to eat it later in the day. It also contains more fat and additives than children should be eating on a regular basis.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">       </div> <p><b>Why don't you try...?</b></p> <ul style="list-style-type: none"> <li>• A sandwich with cheese, cold meat, tuna or salad</li> <li>• Pasta or rice with vegetables</li> <li>• Vegetable sticks eg carrots, cucumber, celery</li> </ul> <div style="display: flex; justify-content: center; align-items: center;">     </div>			

We understand that children do like treats once in a while, so on a Friday, a 'treat' item is still allowed – either a packet of crisps, chocolate bar, or chocolate biscuit.

If your child comes to school with one of these items on Monday to Thursday, the lunchtime staff will ask children to put it back into their lunch boxes and take it home. If your child no longer has enough to eat, the school will provide fruit instead.

Thank you in advance for supporting us with this, and helping us to continue to be a truly 'healthy school'.

Libby Granite  
Head of School