



15<sup>th</sup> June, 2021

Dear Parents/ Carers,

### **RE: Healthy Eating**

As a healthy school we are committed to ensuring our children receive a balanced diet and maintain a healthy lifestyle whilst in our care. As you will be aware from Mrs Kelly's Weekly Update, since reopening we have noticed an increasing number of children bringing unhealthy snacks and packed lunches into school.

#### **Our Packed Lunch Policy states**

Packed lunches should include:

- at least one portion of fruit and/or vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. hummus)
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, milk and smoothies.
- Snacks may include 1 plain biscuit made to the Manchester Fayre recipe or 1 from a packet (e.g. digestive, hobnob, rich tea), seeds and fruit (with no added salt, sugar or fat)

Packed lunches should not include:

- Snacks such as crisps
- Confectionery such as chocolate bars and sweets.
- Meat products such as sausage rolls, individual pies or corned meat.
- Drinks – school will provide children with water or milk.

Children in EYFS and KS1 are provided fruit each day for their morning snack. Children in KS2 are allowed to bring in a healthy snack for morning break. Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and crisps are not allowed in school as a morning snack.

This week to celebrate National Healthy Eating Week we are providing all children including children in KS2 with a healthy snack. Parents do not need to send snacks into school for the remainder of the week.

As a member of Manchester Healthy School's, we are provided with resources to support our school community. Please see below some information to help you when planning your children's packed lunch.

## What to pack in a healthy packed lunch...

### A portion of starchy food



Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

### At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



### A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.



### A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

### A portion of beans, pulses, meat, fish, eggs, or other non-dairy sources of protein

Add some foods such as sliced meat (e.g. chicken, ham, turkey, beef), fish (e.g. tuna, mackerel), cooked eggs, meat alternatives (e.g. tofu, Quorn pieces), beans or pulses (e.g. hummus, mixed beans, lentils). These provide protein which is needed for growth and repair.



## Top tips for lunchboxes!

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping - why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

## Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools ([www.manchesterhealthyschools.nhs.uk](http://www.manchesterhealthyschools.nhs.uk)). For further information on packed lunches, please contact your School Nurse.

Preparing a packed lunch can be time consuming and expensive so why not try your child on school meals? Contact the school office if you would like to trial school meals for the remainder of the term.

Our current school meal provider Manchester Fayre will cease serving school meals in the summer term. Taylor Shaw will be our new provider, they are looking forward to bringing a new dining experience for our children and are developing new menus to launch in September.

Yours sincerely

Miss E Simmons  
Deputy Headteacher