



Dear Parents and Carers,

As a school, we are promoting a balanced diet with our pupils. <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> suggests a packed lunch that includes:

- A portion of starchy carbohydrate e.g. a sandwich with savoury filling/ pasta or rice salad/crackers with fillings.
- At least one portion of fruit, salad or chopped up vegetables.
- ONE portion of calcium e.g: yoghurt/yoghurt drink/a portion of cheese
- A suitable sugar free drink e.g. water or squash (No milkshakes or fizzy pop please).
- Optional savoury snack item e.g. crisps/dunkers/rice cakes/crackers/popcorn/breadsticks/meat stick
- Optional ONE sweet item e.g. biscuit or cake bar (no chocolate bars)

Please visit the NHS website for suggestions/ideas and recommended food groups to include.

We know that the little treats and the odd snacks are important, which is why we are promoting a balanced diet, rather than labelling foods as healthy/unhealthy.

It is important that children are eating a nutritious lunch so they can concentrate in the afternoons, whilst feeling satisfied, and especially during the 'winter months.'

Can we remind you that all children aged 5-7 are entitled to universal free school meals from our kitchen – please see the menu on our website or in the entrance. This menu was discussed and tweaked with the school council.

We thank you for your cooperation on this matter. Staff will not be checking lunch boxes but we are here to support.

Kind regards and best wishes

SDFS Staff