



Love God, Love each other, Love Learning

Re: Packed Lunches

Dear Parents / Carers,

Some children have opted to bring a packed lunch instead of having a school meal. Whilst I would always encourage pupils to have a healthy school meal and will always support our lunches as good value for money, I do understand that some parents may wish to provide a packed lunch from home.

With this in mind, and in line with our drive to encourage our children to have a healthy lifestyle please find below some guidance on providing your child with a healthy packed lunch.

What should be in a healthier lunch box?

A healthier lunch box should be based on the eat-well plate food groups which promote balance and variety in the diet. Parents and pupils should try to include something from each of the eat-well food groups in the lunch box and ensure that this includes a drink.

Bright and colourful foods with different tastes and textures should be encouraged. Fruit and vegetables do this naturally. If the food looks good, then the chances are that children will want to try it.

There are many ways to keep the lunch box exciting, for example adopt a colour theme for each day, take inspiration from holidays or different countries and foods that are in season.

Foods that a healthy lunch box should include

- ✓ A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- ✓ Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- ✓ A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- ✓ A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- ✓ A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

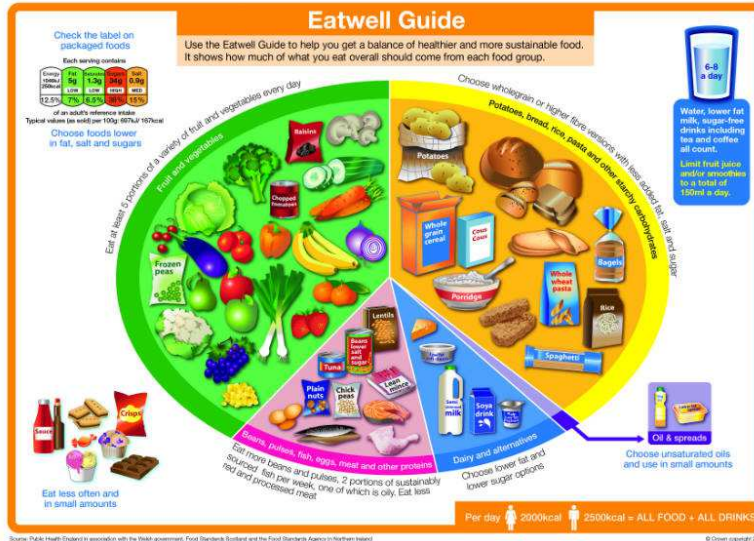
Foods that should be limited

Remember, foods high in fat and sugar should be restricted. Nutritional standards for school's lunches do not allow sweets, chocolate or savoury snacks such as crisps, fizzy drinks and other high sugar drinks to be served at lunch times. Any lunch box should also aim to reflect this, treats can be included at lunch time; however, plain or lower sugar varieties should be encouraged.

- ✗ Nuts (we do not allow any nuts or nut based products as some our children have allergies)
- ✗ Fizzy drinks
- ✗ Confectionary (packets of sweets / chocolate bars)



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Free School Meals

Many children in the UK are entitled to free school meals but often the parents are not aware that they are eligible or they choose not to claim their entitlement. The school can claim Pupil Premium Funding for every child receiving their free meal entitlement. This additional funding helps us provide a wider range of opportunities and learning experiences for your child. For more information about free school meals please visit the RMBC webpage:

<http://www.rochdale.gov.uk/schools-and-education/Pages/free-school-meals.aspx>

Alternatively, please speak to a member of our office staff who can help you to make an application.

Thank you for your continued support

Mrs Dungworth

Headteacher