

# Sacred Heart Primary School



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*Jesus at the Heart of all that we do*

Dear Parents,

## **Re: Healthy Packed Lunch – Eat Better Do Better**

As part of our Healthy Schools initiative and in accordance with the government's food standards for school dinners, the same healthy principles apply to our pupils packed lunches.

Surveys show that children's health is deteriorating and in particular there has been an alarming rise in obesity. This can cause massive health problems in later life which could eventually lead to diabetes or heart disease. Our aim is to encourage overall health, promote healthy teeth and for this reason we closely monitor packed lunches.

As a guideline, packed lunches **should** include a selection of the following:

- Any type of bread; wraps, tortilla, bagels, muffins
- Any other starchy food; rice, pasta, savoury crackers
- Meat, fish or other source of protein
- Cheese or other dairy product
- At least one portion of fruit
- At least one portion of salad or vegetable
- One small snack i.e. fruit loaf, plain biscuits, small cake

The following foods are **NOT** permitted:

- Crisps or any crisp-like product
- Sweets of any kind, including fruit winders
- Bars of chocolate
- Choc-chip cookies or chocolate coated biscuits
- Cakes with a high sugar/fat content such as doughnuts or pastries
- Choc-chip muffins or cakes
- Fizzy drinks of any kind
- **NUTS are not permitted in any form – cakes, snacks, peanut butter.**  
**We are a nut-free school due to children's allergies**

**Please note that fresh chilled water is always available so it is not necessary to send in a drink.**

Thank you for your cooperation in this important matter.

Yours sincerely,

Mrs J. M. Cullen  
Headteacher