





Dear Parents/ Carers,

We are looking to improve lunchtime provision for the children whether they are on a school lunch or a packed lunch. To start with, we will be looking to improve the children’s dining experience and offering awards for being healthy heroes by bringing back our lunchtime Healthy Hero awards.

Children will be given a raffle ticket for healthy choices at the dinner hatch or in their lunch box which will be then picked out in Friday assembly for a prize from the prize box. The welfare staff will also be picking two children from KS1 and KS2 each week to receive the healthy hero certificate in a bid to make the children see that eating healthy lunches is important.

As a healthy school we promote healthy lifestyles and lunch choices and thank you for supporting us. The following information is about what children should be having in their healthy lunchboxes and discussions you could have with them about their choices.

**Healthy lunches and snacks are important for active children. It is important to offer healthy lunch box choices. Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy and carbohydrate foods.**

Eating healthy food helps children concentrate and learn. However, healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to help choose and prepare their own lunch. They might like to make a list of the foods they enjoy. Praise your child when they choose healthy foods for their lunch box.

**Food suggestions for lunch boxes**

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

**Fruit** – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are dried fruit bars and ‘straps’, which are very high in sugar, low in fibre and stick to children’s teeth causing tooth decay.

**Vegetables** – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber. Chips and packets of crisps are best left for parties and special occasions.

**Milk, yoghurt and custard** – include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yoghurts should be kept cool in an insulated lunch box. Best left out of the lunch box are ‘dairy desserts’ and flavoured milks, which are high in sugar.

**Dips, cheese and biscuits** – pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. ‘Oven-baked’ savoury biscuits are just as high in salt and fat as chips and are best avoided.

**Different breads add interest** – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, foccacias, scones, pikelets, muffins, crumpets, crispbreads, rice cakes or corn thins.

**Vary the fillings** – fillings can include peanut butter, cheese (try different types), tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like chickpea (hoummus), cucumber, yoghurt (tzatziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami.

**Muffins and cakes** – try muffins or cakes that are made with fruit/veg in them. Examples include sultana, carrot, banana or pumpkin. Donuts and creamy cakes are best offered at birthdays and special occasions instead of in lunch boxes.

**Muesli and ‘breakfast’ bars** – almost all ‘bars’ are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and usually stuck together with fats and sugars.

If you would like further information on healthy eating, some fantastic food swaps and recipes ideas, please follow the link below to access Change 4 Life, where you can download the free NHS food scanner app to help you see the nutritional content of the foods you buy and to make great healthy swap choices when you do your weekly shopping.



[Change for life](http://www.nhs.uk/healthier-families/)

Have a go at the sugar quiz (link below) for a quick check on how much sugar is in some of the everyday food and drink your child might have. You'll be surprised how quickly it can add up!

[Sugar Calculator Quiz](https://www.nhs.uk/healthier-families/food-facts/sugar-calculator/)

