

30th September 2021

Dear Parent/Carer,

Healthy Packed Lunches and Snacks

Packed Lunches

To promote healthy eating in school, we will be holding a Healthy Packed Lunch Week starting on Monday 4th October. During this week, stickers will be given out to celebrate healthy packed lunches spotted by staff at lunchtime. If your child brings a packed lunch to school, please ensure it is healthy and nutritious; here are some ideas for a healthy packed lunch:

Portion of starchy food	White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
Portion of meat, fish, eggs, beans or other non-dairy sources of protein	Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salad.
At least one portion of fruit and/or vegetable	Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad. Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple or dried fruit.
Portion of milk or dairy foods	Yoghurt or fromage frais, cheese in sandwiches or wraps.
Desserts	Plain biscuits, fresh fruit, dried fruit, yoghurt, sugar free jelly; chocolate bars, sweets or cereal bars are not allowed.
Drinks	Water is provided for children on packed lunches at lunchtime but they can bring a sugar free juice if they wish.

Snacks

Snack brought into school must also be healthy; here are some ideas for a healthy snack:

Yogurt in a tube (Frubes)

Cheese Triangles/Cheese Blocks

Fresh or Dried Fruit

Breadsticks

Individual rice cakes

Vegetable Sticks

Crackers and Cheese

- Your child **must not** bring: Crisps, Nuts, Cereal Bars, Cakes, Biscuits, Chocolate or Sweets for snack.
- Children can bring a water bottle to have in class but it must be clear plastic and filled with plain water only.
- **Please note: we are a nut free school, please do not send any foods containing nuts into school at any time.**

Thank you for your support.

Mrs K King

Junior Deputy Headteacher

Learning, Caring, Growing Together

Head of School: Mrs S. Rostron

St Bede Primary Academy, Morris Green Lane, Bolton, BL3 3LJ

Telephone: 01204 61899 Website: www.stbedeacademy.org Company Registered Number: 07628909