

27th March 2023

Dear Parents/Carers,

At Willow Tree Primary School, we believe that every child at our wonderful school should always have a healthy packed lunch so that every child is energised and prepared to learn for the day. At break time, only fruit or vegetables are allowed, to encourage children to have a healthy, balanced diet.

Packed lunches should not include:

Chocolate, Crisps, Sweets, Cakes, Fizzy drinks, fruit squash or flavoured water

Maybe you can try these healthier alternatives:

Instead of biscuits - try bread sticks

Instead of sweets - try dried fruit

Instead of crisps - try chopped vegetables or yoghurts

Instead of chocolate – bring fruit

We think it is reasonable for children to have either a small chocolate biscuit eg. a small kit-kat, or a small cake.

May we also remind parents that children are only allowed to drink water in school.

We have attached the Eatwell Guide which shows what a healthy, balanced diet looks like. We hope you find this information useful.



Yours sincerely,

Willow Tree School Council – Years 3 to 6



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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