

10<sup>th</sup> September 2019

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. In the morning, everyone has a bagel for breakfast and 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 water to drink at lunch-time.

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



Yours sincerely, Daniel Jacob Jessica A.A.H E.J.D. G.MH ELLIS.

Bobby Drake Heidi-Rae Daisy-B May

504 Kyron  
Zainab

Willow Tree School Council – Years 3 to 6

Neca MO 114





# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 250kcal	Fat 0.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	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 less often and in small amounts

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

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

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