

26 September 2019

Dear Parents/Carers

You may remember that during the summer term we sent out a survey regarding Healthy Eating and Wellbeing and the contents of packed lunches. The survey revealed that many children were eating a considerable number of sugary snacks, numerous packets of crisps as well as several pastry based products in one sitting.

At Akroydon we want the children to live as healthy a life as possible and food nutrition plays a big part in this. As such we will be bringing in a new Packed Lunch Policy that will start on Monday 30 October.

The full policy can be found here <https://www.akroydonprimary.org/policies-summaries/> but I have included a summary below.

For guidance regarding the preparation of healthy packed lunches, parents/carers may wish to consult the following sources:

- British Nutrition Foundation – healthy packed lunches (<https://www.nutrition.org.uk>)
- NHS – Change4Life – lunchbox ideas and the Eatwell Guide (<https://www.nhs.uk>)

It is expected that most children have a sandwich as the main part of their packed lunch and only healthy desserts should be fruit based.

Children will be allowed **ONE** of the following food items as part of a balanced meal

- A bun
- A piece of cake (homemade or shop bought)
- A plain or chocolate covered biscuit
- A packet of crisps
- A chocolate based dessert e.g. Dairy Milk Button desserts.

Packed lunches **MUST NOT** include:

- Meat and pastry products such as sausage rolls, pies or pasties.
- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies
- Extra salt to add to food after it has been cooked
- Sweets or fizzy drinks

Unhealthy food, or food not following the guidelines above, will be removed by staff, returned to the child/parent at the end of the day and an alternative, such a piece of fruit, will be provided.

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I have included a flyer from Eatwell Guide to support parents/carers in making their packed lunches.

We trust that parents will help their child and the academy by supporting the policy as usual and discuss the changes with their child, as we will do in our assembly time.

Yours sincerely



Mr R Tipler
Acting Principal