November 2020

Dear Parents,

Mount Carmel is a partner with the Manchester Healthy Schools Initiative. Together we want our children to be happy at lunch-time whilst maintaining a healthy diet. We have noticed that some lunch boxes are becoming very unhealthy with a large proportion of sugary, sweet foods. Please take time to read the information below to help you decide what to include in your child’s packed lunch.

**A Guide to Healthier Packed Lunches**

**What should we be aiming for in a typical packed lunch?**

Lunchtimes are key to help children to meet their daily nutritional requirements. To achieve this a healthy packed lunch should contain a mix of foods.

A healthy packed lunch contains:

* A starchy food, e.g. bread, rolls, pitta bread, chapatti, rice, potatoes, noodles.
* A good source of protein, e.g. lean meat, fish, beans, hummus, eggs.
* And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals.
* A good source of calcium, e.g. milk, cheese, yoghurt.
* A drink e.g. water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Snacks such as cakes and biscuits can be included but only occasionally. Children will appreciate them more!

We look forward to your support in this matter.

Yours sincerely

J. Potts

Head Teacher