Dear Parents/Carers,

Our School Council have recently spent time monitoring our children's school meals and would like to find ways in which we can improve the healthiness of our children's packed lunches. I am writing on behalf of our School Council to support our parents as much as possible to make healthy choices for their children's meals.

Research shows that nationally, nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in older year groups. There is an increasing issue with childhood obesity and tooth decay in England as well as a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from.

The NHS have developed a fantastic **food scanner app** which is a handy health hack to make it easier for families to find healthier food and drink options. The app can be downloaded **for free** and can be used to scan the barcodes of foods bought in the supermarket. The app will then give the option to swipe to see healthier alternatives and we hope will encourage both families and young people to make healthier choices. Leaflets will be sent home with your child including further information about the app which can be downloaded via the following link: **The NHS Food Scanner app**

To further support parents to provide a healthy packed lunch for their child, the School Council have decided on some healthy food suggestions for packed lunches. Please find this list on the following page. There are also many 'easy to prepare' ideas for healthier lunchboxes found via the following link:

https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#lunchbox-recipes

We do hope that you find this information useful and appreciate your support in our mission towards becoming a health promoting school.

With warm regards,

Miss Ridley

Acting Deputy Headteacher

Packed lunch ideas:

Cream cheese and grape bagel — low fat custard, chopped fruit, water	**Tuna and salad pita** — low fat yoghurt, Chopped in half, grapes, water	**Hummus salad wrap** — low fat rice pudding, apple, water	**Cheese and tomato sandwich (wholemeal)** — fruit salad, crackers, water	**Tuna and sweetcorn pasta salad** — Chopped in half, low fat custard, grapes, water
Cheese and sweetcorn pasta salad — low fat yoghurt, cucumber sticks, water	**Hummus and cucumber bagel** — low fat rice pudding, satsuma, water	**Hummus, vegetables & breadsticks** — Carrot/cucumber sticks, low fat custard, water	**Cheese and salad sandwich (wholemeal)** — water, rice cakes, apple	**Egg and lettuce sandwich (wholemeal)** — water, chopped fruit, low fat yoghurt