

Northfield Primary School
Healthy Lunch Boxes

Dear Parents/Carers,

As part of our Gold Healthy School accreditation, we have to encourage children to have a healthy lunch box. We have put together a few ideas of what a healthy lunch box should include.



A good portion of starchy food - this could be in the form of a whole grain roll, sandwiches, pitta bread or pasta

A portion of meat or fish as a filling or with a salad or mixed in with pasta

Plenty of fruit and vegetables, this could include chopped carrot sticks, cherry tomatoes or raisins

A portion of dairy food which could be a portion of cheese, yoghurt or fromage frais

A drink in a leak proof bottle or carton (not fizzy pop)

From time to time or as a special treat it is fine to include one bag of crisps or one chocolate biscuit.

Just to remind you that we have a "no sweets policy." We do appreciate that there is a huge range of chocolate/sweet treats on sale at the supermarkets and sometimes it is difficult to decipher what is a sweet and what is a biscuit.

Thank you in anticipation of your support.

Yours sincerely,

Mrs Gear
Deputy Head Teacher

