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Packed Lunches

Dear Parents/Carers,

As we are aware, a healthy meal is important because it will help children to:

- Be fitter and healthier now and later in life
- Learn quicker and show positive behaviours
- Maintain a healthy mental health, leading to a happier life

Where possible, packed lunches should include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat or boiled egg as a filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.
- One packet of crisps (Wednesday and Friday only)
- One drink water or a sugar free juice.

We also recommend children eat fruit or yoghurt as their pudding choice. However, cereal bars, raisins or **one** plain biscuits bar can be eaten.

Examples of a good packed lunch

Example 1-

Ham/cheese/egg/pasta/jam/tuna sandwich
Yoghurt
Apple/grapes/banana
Plain Biscuits



Example 2-

Pasta pot
Cheese square
Carrot sticks
Cereal bar



As a parent, I know how hard it is to ensure children eat a healthy packed lunch. Below are some healthy tips:

- Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes and malt loaf.

- Always include a **drink** to help your child concentrate. Go for still water or unsweetened fruit juice. Remember, the hidden sugar and to check labels for example one Capri Sun drink contains 7 and half teaspoons of sugar; would you have that much sugar in your tea or coffee?
- Cook some extra pasta, rice or potatoes with dinner the night before to make into an effortless and tasty salad for lunch the next day.
- Freeze a carton of pure juice, milk or yoghurt and place in a mini sandwich bag. It will be defrosted by lunchtime and keep your lunchbox cool in the meantime!
- Make easy swaps – for example, if your child likes something sweet, give them raisins or a small pot of chopped fruit instead of a chocolate bar. If they prefer savoury foods, change the crisps and give them plain popcorn, rice cakes or crunchy carrot sticks instead.
 - Keep a selection of breads in the freezer for sandwiches. Then you can just take out which one you need for one day's lunchbox and defrost it on a plate or in the microwave.
 - Using a different type of bread, each day, can make lunch boxes more interesting. Try granary, wholemeal or whole white bread, pitta, fruit bread, bagels, English muffins, chapatti or wraps.
- Don't forget the dairy – low-fat custard, fromage frais, rice pudding or yoghurt are very popular and good for growing bones!
- Provide fruit in small pots which are easy and quick to eat, e.g. chopped canned pineapple, satsuma pieces (peeled), raisins, dried apricots, chopped grapes, peeled and chopped kiwi fruit.
- When you are preparing vegetables or salad for dinner, cut up a few extra carrots, cucumber or celery sticks for lunch the next day to reduce the time spent preparing lunch!

We would like to thank you for all your support.

P.M. Sanchez

P Sanchez

Headteacher