

believe to achieve

S. Weekes

13th September 2023

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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



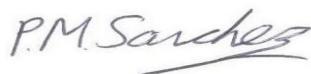
As a parent, I know
children eat a healthy packed lunch. Below are some healthy tips:

how hard it is to ensure

- 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 Sanchez

Headteacher