

Dear Parents/Carers,

Eating too much sugar can be harmful to teeth and body weight. We want to build healthier habits.

Please DO NOT send your child to school with any of the following items in their lunchbox:



- Energy drinks;
- Fizzy drinks;
- Chocolate or sweets;
- Chocolate spread;
- Crisps everyday.

If any of the following items are identified, we will ask the child to leave it in their lunch box and contact you to discuss our lunchtime expectations.

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas.

Easy lunchbox recipes

You can [see our lunchbox suggestions](#) now or [build your own](#) – why not make a note of the ones you think your child will enjoy and add them to your shopping list?

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

The [Eatwell Guide](#) can also be useful when thinking about what goes into kids' lunchboxes.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

And if you're still stuck for inspiration, [read our lunchbox tips](#) for other ideas and ways to make sure your child is getting tasty, varied lunches that are good for them too!

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Thanks in advance for your continued support
Mrs Million & Mr McNamara

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A list of Directors' names is open to inspection at our registered office.