

10th May 2021

Dear Parents/Carers,

## A massive thanks to all families who have taken up this challenge for healthier lunches!

REMEMBER...Please TRY NOT send your child to school following items in their lunchbox:

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



with any of the

**We understand that some children find it difficult with food. You can have a chocolate biscuit (e.g. a kitkat or not a chocolate bar. If any of the above items are will pop in the note seen on the right to support them make healthier choices.**

Whether squeezing it in before the school run in the morning on busy midweek evenings, preparing your child's lunchbox can 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?

Outwood Grange Academies Trust, a company limited by guarantee registered in England and Wales with company number 06995649.

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trying new biscuit) but identified, we and you

or before bed seem like just

<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