



Thomas Johnson Lower School

Dream-Discover-Flourish

9th September 2021

Dear Parents and Carers,

RELAUNCHING OUR HEALTHY EATING POLICY

Why are healthy lunches important? A healthy lunch provides children with the key nutrients they need for the day ahead. Evidence shows that children who eat healthily are:

- Able to listen better,
- Less tired and more active,
- Able to learn more,
- Able to do better in school



All school-produced dinners have to follow strict government guidelines to ensure that they have the correct balance of nutrients.

The problem In the past, some parents told us that it felt like an uphill battle trying to provide a healthy packed lunch! Some of the foods are too expensive, and too often foods that look healthy (and are marketed as healthy) have hidden sugars and salts.

Top tips for creating a healthy packed lunch:

- Remember portion size and don't be tempted to put too much in!
- Don't put the same foods in every day. Help your child get used to different tastes and textures.
- Bright and colourful foods have more goodness in them. Try carrot and cucumber sticks, or strawberries and grapes

The "YES" foods

We need these things in a healthy and balanced packed lunch:

- Carbohydrates – give your child energy to keep them alert during lessons. (Found in foods like bread, pasta or potatoes).
- Protein – to help build and repair bones, muscles, skin and blood. (Found in foods like meat, fish, eggs, nuts or beans)
- Calcium – builds bones and keeps them healthy, helps blood to clot, muscles to contract and our heart to beat. (Found in foods like milk, cheese and yoghurt)
- Fruit and vegetables – help maintain a healthy gut and prevent digestion problems. Also these are packed with healthy sugars so are much better than sweets and other sugary foods.
- Drinks – We lose water every day through breathing, sweating and digestion so we need to keep replacing it



The “NO” foods

We ask that your child’s packed lunch does not contain anything which is really a “sweet” (such as biscuits or chocolate bars), or which is known to have high salt content (such as crisps)

Of course, your child can still eat these things!! However, we want lunchtimes to be a “main meal” and therefore we recommend that anything on our “No” list is for snacks at home time instead.

Please join me tomorrow (**Friday 10th September 2pm**) for a Zoom meeting on Healthy Eating and the opportunity to discuss your ideas and suggestions. Or email me on mhaimes@thomasjohnsonshcool.co.uk.

Best wishes,

Marian Haimes

Headteacher

The following ideas have been suggested by previous parents.

If you have any suggestions, do let us know!



PACKED LUNCH IDEAS

YES! (MUST INCLUDE FRUIT/VEG)

Main	Fruit/Veg	Snack	Dessert
<ul style="list-style-type: none"> • Brown or Granary Bread Sandwich/wrap with, for example, ham, cheese, salad, marmite, banana • Pizza slices • Soup in a safe thermal container • Salad with veg, cheese, ham • Pasta Salad, with veg, cheese, ham • Cold chicken dippers • Cold sausages • Cold sausage rolls 	<ul style="list-style-type: none"> <input type="checkbox"/> Banana, apple, pear, berries, citrus <input type="checkbox"/> Dried fruit, apple crisps <input type="checkbox"/> Cucumber slices <input type="checkbox"/> Pepper slices <input type="checkbox"/> Baby tomatoes <input type="checkbox"/> Carrot sticks <input type="checkbox"/> Sugar snap peas 	<ul style="list-style-type: none"> <input type="checkbox"/> Breadsticks <input type="checkbox"/> Cheese/breadstick dippers <input type="checkbox"/> Cheese straws <input type="checkbox"/> Babybel/Cheese strings <input type="checkbox"/> Plain crackers <input type="checkbox"/> Rice cakes (not choc covered) 	<ul style="list-style-type: none"> • Flapjacks • Banana bread/malt or fruit loaf • Low fat/sugar custard or rice pudding • Jelly • Mousse • Fruit yoghurt or fromage frais • Fruit pie/crumble • Mini cheesecake • Pancakes with or without raisins • Brioche roll or croissant (no choc)

ONLY OCCASIONALLY

<ul style="list-style-type: none"> • Salami • Pepperami • Other spicy deli meats (all these have high fat/salt content) • White bread/wrap (try using one slice of white and one slice of brown to help make the change to green) 	<p>On Friday only</p> <ul style="list-style-type: none"> • Fairy cake • Rice crispy/cornflake cake • Shortcake • Cereal bar
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NO!

<ul style="list-style-type: none"> • Crisps (including vegetable or baked) • Chocolate in any form • Cakes (except Friday) • Confectionary • Jam or marmalade • Peanut butter • Nuts in any form 	<ul style="list-style-type: none"> • Mini cheddars • Fruit Winders • Cereal bar (except Friday) • Biscuits • Nutella
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