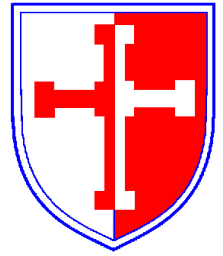




The Federation of
Chadsmoor Community Infant and Nursery School
and
Chadsmoor C.E (VC) Junior School



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June 2025

Dear Parent/Carer

At Chadsmoor Junior School we encourage parents to provide a healthy lunch for their child.
Packed lunches could include:

Sandwiches

Crackers

Cheese

Yoghurts - pots or tubes (not yoghurt drinks)

Raw vegetables

Dried or fresh fruit

1 small biscuit or cake or cereal bar (not chocolate coated or iced)

Bread sticks

A small pack of **baked** savoury biscuits or snacks or crisps

We encourage children to bring water bottles (with a sports lid only) into school to use during the day.

Healthy eating guidelines also apply to the morning snack children can bring to school.

Included with this letter is a copy of the latest food policy. I urge you to read this as staff will enforce it from September, and we don't want children or parents being upset.

We thank you for your co-operation in this matter.

Yours sincerely

Miss C Lucas

Executive Headteacher

A healthy packed lunch could include:

- A good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, pasta or rice salad;
- A portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins. Please ensure fruit such as grapes are cut into small pieces to reduce the risk of choking
- A portion of dairy food, e.g. reduced fat cheese, pot or tube yogurt or fromage frais;

Healthier lunchbox tips

The key to a healthy packed lunch is getting the right balance and choosing a wide variety of foods, which will help provide all the nutrients children need to grow and be healthy.

Here are some tips to help you get started:

- Try different breads or other starchy foods for variety e.g. pitta pocket, tortilla wrap, crispbread, pasta or rice salad.
- Use spread sparingly and go for reduced fat spread or reduced calorie mayonnaise.
- Include brightly coloured fruit and vegetables, e.g. cherry tomatoes, sticks of pepper, carrot or cucumber, satsuma, grapes or fruit salad.
- Add salad to sandwiches and chopped vegetables to salads.
- Having a healthy lunch does not mean giving up all the foods children enjoy.
- Foods such as a slice of malt loaf or banana bread, a fruit scone, a small packet of baked crisps or a biscuit (not chocolate coated or iced) can be included.

Tips to keep food chilled (especially important in hot summer months):

Use an insulated lunch box and chill fruit in the fridge before packing. Try using a frozen ice block or gel-pack to keep food chilled.