

# Downholland Haskayne CE Primary

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## Lockdown lunches and meal plans

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. See link below

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

Farmfoods will soon be available on the national voucher scheme for parents and carers to redeem their eCodes



WE ARE A  
SUGAR WISE  
SCHOOL

The SUGARWISE catering mark on our school menu means that we provide options that are low in “free sugars”. These are sugars and sweeteners that need to be limited in the diet and are contributors to childhood obesity and tooth decay.

If you bring packed lunches, we ask that you consider the sugar and sweetener when you are buying the ingredients. We are not allowing jam sandwiches, crisps, or chocolate bars in packed lunches. We also discourage high-fat and high-sugar snacks.

How about some of the following suggestions?

- A good portion of starchy food, for example, wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example, an apple, satsuma, handful of cherry tomatoes, carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example, individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example, ham, chicken, beef, tuna, egg or hummus.
- A drink, for example, unsweetened fruit juice, semi-skimmed milk or water.

## Haskayne 'Bake-off'



Check out the Home Learning Packs for all the details and instructions for the 'Haskayne Bake Off' next week. We are looking forward to seeing all the pictures of your delicious cakes and biscuits.

Thank you for your support with the Home Learning and wonderful feedback sheets, which is greatly appreciated.  
You are all doing an amazing job!



Have a lovely weekend,  
Mrs Hains & all the staff

