



21st April 2021

Dear Parents and Carers,

It has come to our attention that a large number of children on packed lunches are not eating a nutritionally adequate lunch.

Children need to eat a wide variety of foods to fuel their brains and bodies and I have attached the Eat Well Plate for further information.

We teach the children to make healthy choices and eat balanced meals in order to maximise their health and wellbeing. This allows children to establish healthy lifestyle patterns that can help them as adults to stay healthy for longer.

The excess of sugar contained in many of the packed lunches being brought into school will not benefit children who, according to recent statistics, are eating the recommended intake of sugar for a person reaching the age of 18 by the time they are just 10 years old! This can cause serious health conditions and contributes to poor oral health. Some of the lunches we have seen in school are in excess of the total daily recommended amount of sugar for a child.

Please help us to keep your child healthy. Consider the Eat Well Plate and please limit sweet treats to one small snack sized item in a lunch box.

Please DO NOT include:

- Chocolate or jam sandwiches
- Full size chocolate bars
- Sweets
- Fizzy drinks or energy drinks
- More than one item of a food such as biscuits or crisps

Ideas to include:

- ✓ Sandwiches (meat/cheese/salad etc)
- ✓ Pasta salads
- ✓ Thermos flask of a warm soup or dinner such as stew
- ✓ Vegetables
- ✓ Fruit
- ✓ Cheese/yogurts etc
- ✓ Savoury crackers etc
- ✓ ONE small snack sized chocolate or cake treat
- ✓ Low sugar or sugar free juice, fresh juice, water or milk (not milkshakes due to sugar content)



DOWSON PRIMARY ACADEMY

Marlborough Road, Hyde, Cheshire, SK14 5HU. Tel: 0161 366 0177. Fax: 0161 366 0546
 Principal : Kathryn Thornburn (BSc Hons, NPQH)
 Dowson Primary Academy 0161 366 0177



DO NOT INCLUDE PEANUTS, OTHER NUTS OR ANY PRODUCTS CONTAINING PEANUTS – we have a number of children in school who are allergic to nuts.

Assuring you of our best intentions,

Yours Sincerely,

Mrs K Thornburn



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2018