



*Sacred Heart Catholic Primary  
School and Nursery  
Windermere Road,  
Southend on Sea, Essex, SS1 2RF  
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October 2020

Dear Parents,

### HEALTHY LUNCHES

I am writing to remind you of the Healthy Eating Policy that we have in school. The school kitchen prepares all the lunch menus in accordance with this policy to ensure a well-balanced diet each week. We also ask all our families to support this policy when considering what to provide their child with for lunch, when preparing home packed lunches on a daily basis.

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks
- **Snacks such as crisps must not be included.** Instead include, seeds, vegetables and fruit (**with no added salt, sugar or fat.**) Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- **Confectionery such as chocolate bars, chocolate-coated biscuits and sweets must not be included.** Cakes and biscuits are allowed but these should be part of a balanced meal and must not contain chocolate. Cakes that contain chocolate spread fillings are also not permitted as this may contain nuts (ie Nutella).
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally, not daily
- Thermos flasks are NOT permitted



Southend-on-Sea



*Headteacher: Mrs Janet Mullally  
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Please make sure your child has a good lunch every day that meets the Healthy School guidelines, we expect from all our families. Thank you for your continued support.

Mrs Nutman.  
Headteacher

Yours sincerely,

Mrs Janet Mullally  
Headteacher



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