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OXFORDSHIRE COUNTY COUNCIL
Appleton CE (A) Primary School
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Dear Parents/carers,

At Appleton CE Primary School, as part of our work towards the Healthy Schools Award and our commitment to teaching pupils how to keep themselves healthy, we are aiming to implement the School Food Standards and promote the Eatwell Plate Model of Healthy Eating for all food consumed in school. This includes considering the nutritional content of packed lunches to ensure they are in line with the meals now provided by school.

There is a packed lunch policy in place (within the Whole School Food Policy) so that we as a school can aim for our packed lunches to be as healthy as possible. This policy stands even when children are off site on educational trips, and by following this policy parents/carers can make informed choices to create a healthy, balanced lunchbox.

Recommendations for preparing a balanced lunchbox advise including the following items:

- Starchy foods such as bread, rice, pasta, potatoes, couscous, etc.
- Protein foods such as meat, fish, eggs, beans, etc.
- A dairy item such as a yoghurt or a small amount of cheese
- A minimum of 1 portion of fruit
- A minimum of 1 portion of vegetables or salad
- A healthy drink such as water or 100% fruit juice.
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Please try not include any of the following:

- Snacks such as crisps; instead this can be replaced by savoury crackers with cheese or breadsticks
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Meat products such as large sausage rolls or large individual pies
- Fizzy/ sugary drinks
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To promote healthy eating we will monitor the content of packed lunches and if we notice regular unhealthy food choices we will discuss this with parents/carers at the end of the day where we can offer advice and guidance. If this continues, unhealthy food options may be removed and given back at the end of the school day. Many thanks for your support and assistance in promoting healthy life choices.

Kind regards,

Mrs Carnell (Headteacher)