



Archdiocese of Birmingham
St. Mary's Catholic Academy
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Healthy Lunchboxes

Dear Parents/Carers,

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. A healthy, enjoyable lunch gives children the energy they need to learn and play at school. In addition to this letter is a leaflet on how to pack a healthier lunch. Please support the school in helping your child to lead a healthy lifestyle by following these guidelines.

School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

To promote consistency between packed lunches and the food served in school, we ask that all parents who are preparing packed lunches for their child follow the guidelines below.

If you have any further question, please do not hesitate to contact me.

Thank you for your continued support

Kind Regards

Mrs Statham
Head of School



Packed lunches should include	Packed lunches should limit / avoid
<ul style="list-style-type: none"> • At least one portion of fruit and one portion of vegetable or salad every day • Meat, fish or another source of non-dairy protein, every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel • An oily fish, such as salmon, at least once every three weeks • A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, every day • A dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day • Water, still or sparkling, fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks and smoothies • Acceptable snacks 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 	<ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars and chocolate-coated biscuits • Sweets • Cakes and biscuits are allowed but these should be part of a balanced meal • Meat products such as sausage rolls, individual pies, corned meat and sausages / • chipolatas should be included only occasionally • We are a nut free school – please do not send in any food containing nuts. This includes Nutella and other chocolate spreads.