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Derbyshire Healthy Schools
Community Award



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Headteacher, Mrs Sarah Owens

Dear Parents and Carers

School Lunches, Packed Lunches and Break-time Snacks

Our Nutritious school dinners are provided by DCC catering service and follow the **School Food Regulations*** set out by the Government. We believe this is the cheapest and most nutritious option for your child.

If you would like your child to bring a packed lunch, we ask that you adhere to the school food standards set out below.

We encourage children to bring a healthy snack at playtime too. Please see the suggestions at the end of this letter.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles,
- potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches should not include:

- salty snacks such as crisps - instead include, seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).
- Nuts or products containing nuts.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

Break-time Snacks

Children should only bring a snack that contributes to a healthy life style to school.

They may bring:

Fruit
Vegetables (pepper, cucumber, carrots etc)
Bread sticks
Cheese
A yoghurt

They should not bring:

Breakfast bars
Cereal bars
Sugary snacks
Confectionary
Crips
Salty snacks
Anything containing nuts.

I understand that promoting healthy choices can be difficult but if we all stick to these guidelines then we can create a healthy eating culture in our school.

We do have treats at school and the School Food Regulations do not apply to food provided:

- at parties or celebrations to mark religious or cultural occasions
- at fund-raising events
- as rewards for achievement, good behaviour or effort
- for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- on an occasional basis by parents or pupils

Yours sincerely

Sarah Owens

****Link to School Food Regulations***

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>