



# FULWOOD AND CADLEY

## Healthy Eating Newsletter October 2019

Welcome back to the Autumn Term here at Fulwood and Cadley. We are welcoming our new Reception pupils and any in year new starters to our school family.

This special edition newsletter is all about healthy eating and the food that children bring in to school as snacks or as part of a packed lunch.

Whilst we all enjoy treats we ask that parents support school in our healthy eating culture and adhere to the information outlined below. We have included links at the end of the newsletter that will give you further information, tips and recipes for healthy snacks and packed lunches. Organisations such as Change 4 Life and the NHS are proactive in helping children and families to eat well and stay healthy. Children will be able to cope far better in school if they are eating a sensible diet and not suffering from tiredness as a result of not eating the right foods. Cutting back on the sugary foods is also fantastic news for teeth too.

### Snacks

All children in Years Reception, 1 and 2 have a snack provided for them by school. This is a piece of fruit or a vegetable and is provided, free of charge, as part of a national scheme. Children in these years will not need any snacks from home as part of their daily school routine.

For children in Years 3 to 6 they are allowed to bring a healthy snack from home to eat at morning break time. This can be a piece of fruit, a healthy cereal bar, a slice of malt loaf or similar healthy option. We are looking at the cost of fruit for KS2 so watch this space. If you look at the snack ideas page on the Change 4 Life website there are lots of good suggestions.

At Christmas or other celebrations children are sometimes asked to bring in party food and staff will advise families of what is required, this is a time for treats.

Have a look at the following web sites for practical advice and ideas:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/recipes/collection/lunchbox>

### Top Tips:

Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.

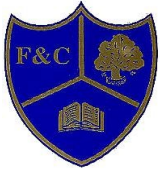
Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.

For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.

Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.

You can use leftovers; for example, rice and curry, vegetable pizza or pasta and sauce.

Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.



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### What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in four food groups:

#### Starchy Foods



Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals. Bread, try different types, such as pitta bread, wraps or bread rolls. Other starchy foods, such as pasta or rice. Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

#### Meat and Alternatives



Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals. Lean meats, such as chicken, turkey or ham. Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks. Egg, such as quiche or omelette. Meat alternatives, such as tofu or tempeh. Dishes containing pulses, beans or meat, for example dahl, stew or bean salad. Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight. Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.

#### Milk and Dairy Foods



Include a dairy product or dairy alternative, such as fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins. Lower fat varieties are healthier.

### Fruit and Vegetables



Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy. Add tomato, lettuce or beetroot to a sandwich. A vegetable dish, such as salad or roast vegetables. Fresh fruit, such as apple, banana or pear. Dried fruit, such as raisins, apricots or figs. Fruit salad (fresh or tinned in juice) or vegetable salad. Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as houmous or guacamole. Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety! All packed lunches should contain at least one portion of fruit and one portion of vegetable or salad.

#### Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school. Other healthy drinks such as milk, pure 100% juice, sparkling water, fruit smoothie or yoghurt or milk drink can also be included.

#### For a Healthier Snack:

Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad. Replace cakes and pastries with fruit bread or malt loaf. Replace salted savoury snacks with rice cakes or breadsticks.

**Packed lunches should not contain chocolate, items containing chocolate, sweets, salted savoury snacks or crisp-like products.**