

Healthy Lunchboxes

At school we are committed to teaching and encouraging your child about how to make sensible food choices as part of maintaining a healthy lifestyle.

We recognise what an important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices

Below is a link from Change for Life, this provides lots of fantastic ideas for encouraging good healthy lunches. In particular, some suggestions on what suitable swaps you could make.

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

Mrs Chapman

