Dear Parents, **September 2019**

Trallwn Primary School is a Healthy School and we encourage all children to bring healthy packed lunches to school. A healthy lunch box is a balanced meal which provides a variety of nutrients found in four food groups.

1. Carbohydrates

Each meal should contain a starchy food such as bread, potato, rice or pasta. Starchy foods contain high levels of carbohydrates which give energy, fibre, vitamins and minerals. Whole grain varieties are best for fibre which is vital for a healthy digestive system.

1. Protein

Foods high in protein build muscles and provide important minerals for the body. Examples of these foods are meat, fish and eggs.

1. Dairy

Dairy foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins. Examples of these foods are cheese, yogurts and milk.

1. Fruit and Vegetables

Fruit and vegetables are full of vitamins, minerals and fibres necessary for the body to function properly and to keep you strong and healthy. **All packed lunches should contain at least one portion of fruit and one portion of vegetables or salad.**

Drinks, especially water, help children to concentrate and feel well throughout the day. **Sugary drinks and fizzy drinks should not be included in lunch boxes.**

Additionally, **packed lunches should not include chocolate, sweets or salted savoury snacks as these foods tend to be high in fat, sugar and salt.**

Please support our Healthy School by following the guidelines above.

We strongly advise that you use an ice pack or bottle of frozen water to help keep food cool throughout the morning for Health and Safety Purposes.

Mrs Banfield

Healthy Schools Co-ordinator