



LOVE GOD  
LOVE YOUR NEIGHBOUR

*St  
Charles*

CATHOLIC PRIMARY SCHOOL

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Dear Parent/Carer,

I would like to take this opportunity to remind you that St Charles is a healthy eating school. In view of this, if your child is eating a packed lunch, it should be nutritionally balanced. It must not contain fizzy drinks or sweets.

A balanced packed lunch should contain:

- Starchy foods - these are bread, rice, potatoes, and pasta and others
- Protein foods - these are meat, fish, eggs, beans and others
- A Dairy item - this could be cheese or yoghurt
- Vegetables or salad, and a portion of fruit.

Please **do not include any nut-based products**, e.g peanut butter, as there are children at the school with nut allergies.

Children often like food they can eat with their fingers, so chop up raw vegetables such as carrots or pepper. Breadsticks and wholemeal crackers are great finger foods.

Instead of sandwiches you may like to consider bagels or pitta bread in order to vary the offer!

Yours sincerely,

Ann Slavin

**Executive Head**

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