

# St. Margaret of Scotland Catholic Primary School



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Dear Parents,

## Re: Healthy Packed Lunches

As a school we like to promote healthy eating. Studies show that children's health is deteriorating with an increase in childhood obesity. Our aim is to encourage overall health and promote healthy teeth. For this reason we ask that you provide your child with a healthy packed lunch.

As a guideline, packed lunches should include a selection of the following:

- Any type of bread; Wraps, tortilla, bagels or muffins.
- Any other starchy food; rice, pasta or savoury crackers.
- Meat, fish or any other source of protein.
- Cheese or other dairy product.
- A portion of fruit or veg.
- Plain biscuit or cake.

The following foods are **NOT** permitted:

- Crisps.
- Sweets of any kind.
- Bars of chocolate.
- Choc-chip cookies or chocolate biscuits.
- Fizzy drinks of any kind.
- Choc-chip muffins or chocolate cake.
- **NUTS are not permitted in any form. We are a nut free school due to children's allergies.**

Thank you for your support in this matter.

Yours sincerely,

**Mrs G Somes**  
Headteacher