



St George's Catholic Primary School
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Healthy Packed Lunches at St George's Catholic Primary School

Dear Parents and Carers,

What a great start to the new year! At the start of a new year, many of us begin with new resolutions such as taking up more exercise or trying to cut down on chocolate so we thought that this would be a good time to introduce our 'Healthy Packed Lunch' information.

Research has shown that the foods we eat contribute to how we feel and concentrate. With this in mind, St George's has developed information to support families decide what to include in their child's packed lunch. There are some changes, as St George's has moved to a 'Nut-Free' environment. This means that packed lunches can't include foods that contain nuts or nut oils. Our Wraparound Provision now follows this approach too.

To support you with ideas on how to make your child's packed lunch healthier or to see what foods could be included, we have created an information sheet with suggestions from 'The Eatwell Guide' and further advice for schools.

All of this information is on the school website under the 'Parents Tab'. Please scroll down and select 'Healthy Packed Lunches' for more information.

[St George's Catholic Primary School - Healthy Packed Lunch \(stgcps.org\)](http://www.stgcps.org)

If you would like to discuss any of the information in more detail, please contact the school office to make an appointment.

Many thanks.