

Adelaide Primary School

Walker Street,
HULL, HU3 2RA

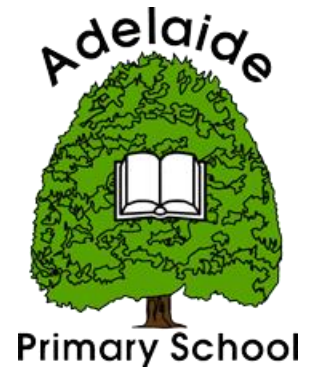
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Wednesday 21st February 2024

Dear Parents and Carers,

Re: Healthy Packed Lunch letters

Over lunchtimes we have noticed and increase in unhealthy packed lunches so I thought I'd write with some guidance for you and to raise your attention to this matter.

As a healthy school, fizzy drinks, sweets, chocolate, crisps and cakes should not be included in your child's packed lunches – they can enjoy these things as part of a healthy, balanced diet at home. Here is a list of possible foods you may want to give your child in their packed lunch...

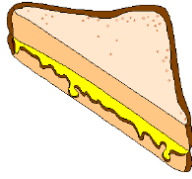


You can also visit this website for more items which you could include in your child's packed lunch: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#make-your-own>



Sandwiches etc

- Wraps—chicken, ham, beans, cheese and salad
- Egg
- Salad
- Tuna, sweetcorn, mayonnaise
- Pieces of baguette
- Crackers and cheese
- Rice cakes
- Bread sticks
- Small pots of sandwich fillers
- Piece of quiche
- Cheese scone

**Savouries**

- Hard boiled eggs
- Low fat / baked crisps
- Cheese and pineapple
- Vegetable sticks
- Small pots of sandwich fillers
- Small wrapped cheese e.g. baby bel
- Pasta salad
- Potato salad
- Coleslaw
- Home cooked food (please note we cannot heat this up for children)

**Sweet things**

- Tinned fruit/ fruit cocktail (in fruit juice)
- Fresh fruit
- Fruit salad
- Fruit shapes/ strings
- Berries and cherries
- Dried fruit e.g. raisins
- Yoghurts (no chocolate in)
- Meringues
- Pots of rice pudding
- Pots of low fat custard
- Cereal bars (no nuts)
- Flap jacks

**Drinks**

- Water
- Yoghurt drinks
- Diluted low sugar squash
- Fruit juice
- Smoothies
- Milk



If you have any questions, please do not hesitate to get in touch with us.
Thank you for your understanding.

KBradley

Mrs Kirsten Bradley
Headteacher