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Principal: Mrs G Hay B.Ed. PQH

Dear Parent / Guardian

Re: The Healthy Munch Box Challenge

Good food habits should be encouraged in children from an early age, as this is a time of rapid growth and development. Compared to recommended guidelines, many children are consuming too much fat, sugar and salt and too little fibre.

Good nutrition is essential to

- Allow children to reach their full potential.
- Encourage healthy eating patterns from early on in life
- Protect against decaying of the teeth
- Prevent against long-term health problems, e.g. obesity, diabetes, coronary heart disease, osteoporosis and cancers.

We have been working together with the Health Promotion Department, for a number of years to promote healthy eating habits and improve oral health in children through the implementation of The Healthy Munch Box Challenge (a Lunch Box initiative).

The challenge suggests that at lunch time children's lunch boxes should consist of at least one healthy portion from each of the four main food groups listed below and children should be encouraged to reduce their daily fat, sugar and salt intake.

- Bread, Cereals and potatoes
- Fruit and Vegetables
- Milk and Dairy products
- Meat, Fish and Alternatives

We are encouraging our parents to support the programme by sending only healthy food to school with the children.

Our school has achieved an award on four occasions for being successful in implementing the Healthy Munch Box challenge however unfortunately recently a large number of children have been bringing many unhealthy items to school as part of their lunch.

It is often difficult to provide a healthy lunch box that is appealing to your child and for your benefit we have attached a selection of ideas to aid in the preparation of a healthy lunch box and would like to stress that only one small treat item is permitted in each lunch box.

Foods considered to be treat items which we ask you preferably not to include in children's lunch boxes or to only to include a maximum of one:

Crisps – high fat and salt content

Sweets – high sugar content

Chocolate bars, chocolate yogurts, chocolate Muller corners, chocolate biscuits and chocolate chip cookies – high sugar content

Cereal bars – high sugar and fat content

Lunchables – high sugar content

Iced buns – high sugar content

Pepperami – high fat content

Fruit Winders – high sugar content

Chocolate spread or jam sandwiches - high sugar content

We feel our children will greatly benefit from the Healthy Munch Bo Challenge in the long term. Children who bring healthy lunch boxes to school will also be rewarded regularly with house points. We trust that you will support us in the implementation of the challenge and will find the attached information useful.

Yours Faithfully

G Hay
(Principal)