



Meadowside Community Primary and Nursery School
Clough Avenue, Longford
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Headteacher: Mr S Wright, BA(Hons), PGCE, NPQH
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24th January 2019

Dear Families

We would like to remind you of our Healthy Eating and Drinking Policy.
“A healthy diet is a balanced diet should consist of”.

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods

We request that the following items **should not** be included in packed lunches or for snacks:

- **Sweets and chocolate**
- **Chocolate bars**
- **Crisps (unless baked or low fat)**
- **Sweet cakes or sugary doughnuts**
- **Any bars containing nuts**
- **Sugary drinks or energy drinks**

It is very important to have a healthy packed lunch and snack each day, although it is not a requirement, it must be healthy. Toast can be bought as a snack, at a cost of 15p.

Thank you for your co-operation

