Dear Parents/Carers, We want our children to learn the habits of healthy eating as soon as possible.

According to the NHS a balanced lunchbox should contain:

- •Starchy foods like bread, rice, potatoes or pasta.
- •Protein foods like meat, fish, eggs or beans.
- •A dairy item, like cheese or yogurt.
- •Vegetables or salad and a portion of fruit.

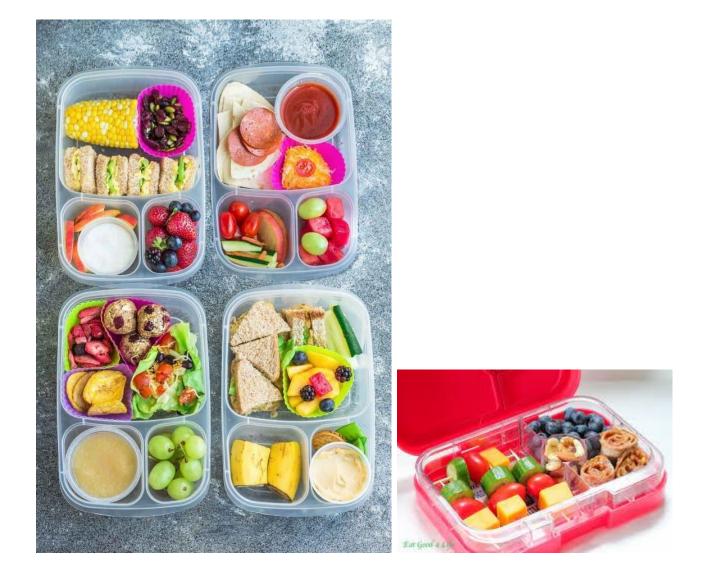
On the back of this sheet are some ideas for healthy packed lunches.

We would also ask that the children only bring in water to drink.

On a Friday only: children may bring in one treat (something sweet or a packet of crisps etc).



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