



INVESTORS IN PUPILS

Three Lane Ends Academy

“Learning Together”

Headteacher Miss K Greatorex

Methley Road, Castleford, West Yorkshire WF10 1PN

Telephone 01977 524483

email: headteacher@tleacademy.co.uk



INVESTORS IN PEOPLE

HEALTHY EATING (PACKED LUNCHES)

The guidelines issued by the School Food Trust suggest:

- ✓ A good portion of starchy food, eg wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad. Try to use small amounts of low fat spreads in sandwiches as opposed to butter. When choosing sandwich fillings try to give your child a variety of options rather than sticking to the same filling every day.
- ✓ Plenty of fruit and vegetables, eg an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks, packet of unsalted nuts or small box of raisins.
- ✓ A portion of semi-skimmed milk or dairy food, eg individual cheese portion or pot of yoghurt.
- ✓ A portion of lean meat, fish or alternative, eg ham, chicken, beef, tuna, egg or hummus.
- ✓ A biscuit, cake, bun or scone (but not chocolate covered).

Fresh drinking water will be available at all times. The only other drinks allowed are milk or yoghurt.

Chocolate bars/biscuits and savoury snacks such as crisps should be avoided. Whilst most children will want to see chocolate or crisps in a lunch box, these are very high in fat and sugar content and, in the case of crisps a relatively high salt content. You should therefore try to offer these as a treat rather than part of a daily meal.

Wakefield District
Families Information
Service

Delivering Information to Families

For free, impartial information about services for parents, carers and their children including:

* Childcare * Sports and Activities
* Financial help * Parenting support
* Things to do and places to go

Tel: 0800 587 8042 or Visit: www.wakefieldfis.org.uk

