

SWEETS, BISCUITS, CAKES AND CRISPS IN SCHOOL

As part of the school's Food for Life and Healthy Eating work, but also being aware of Leicester's position as the place in the UK that has the highest incidence of children's tooth decay, we are asking our parents and carers NOT to send children in to school with sweets, biscuits or cakes as a treat for birthdays or festivals as of **January 2017**.

Fruit or raisins or small gifts such as pencils or rubbers can be sent in as an alternative if you feel you would still like to share the celebration. We will be writing this into the new school food policy.

We are also stopping the practice of allowing the children to bring crisps to school on a Friday for a playtime snack.

We would really value your support in explaining to your children how sweet treats or those high in fat should only be eaten in small amounts alongside a healthy balanced meal.

Eatwell Guide

Check the label on packaged foods
 Each serving (40g) contains:
 Energy 120kcal, Fat 10g, Carbohydrate 15g, Protein 2g, Salt 0.5g
 of an adult's reference intake
 Typical values per 100g per 100kcal (100kcal/100g)
 Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Water: lower fat milk, sugar free drinks or drinking tea with a splash of lemon.
 Limit Full Fat milk above recommended levels to 150ml a day.

Choose unsaturated oils and use in small amounts

1000kcal | 2000kcal | 2500kcal | ALL FOOD + ALL DRINKS

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