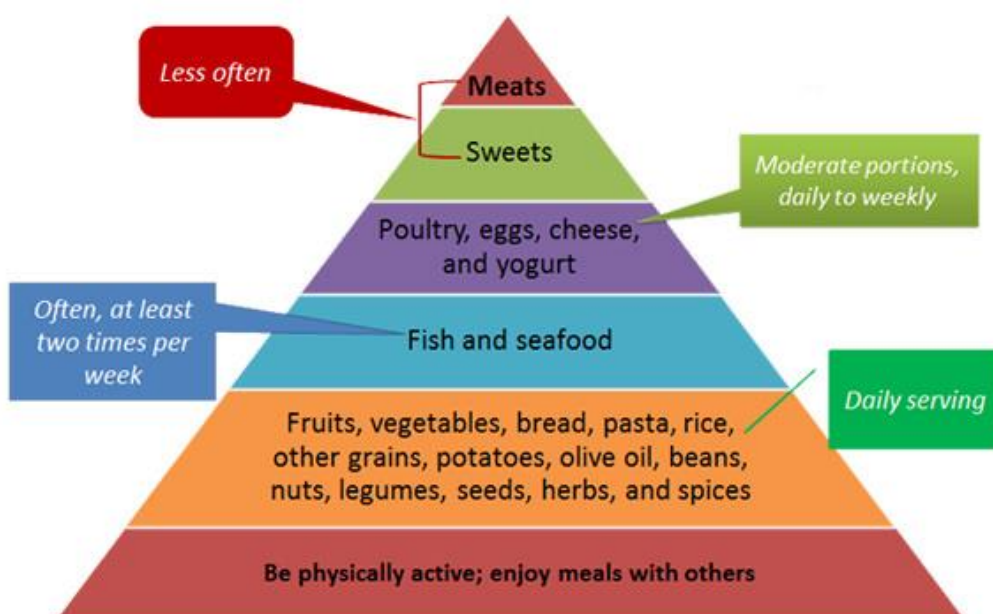


At Holy Trinity and St John's CEP School we wholeheartedly encourage healthy well-being by teaching the children about the benefits of having a balanced healthy diet.

FOOD FUELS THE BRAIN



Eating a well-balanced diet helps with physical fitness and general good health, both in body and mind. A well balanced diet means getting the right nutrients your body needs to be in tip top condition - protein helps with repair and growth, carbohydrates and healthy fats provide you with energy, water replaces lost fluids and fibre and the right vitamins support healthy body maintenance. By getting into the habit of eating healthily, we can avoid the risk of serious health problems for the future.



Caterlink provide the school meals for our children. The meals are prepared on site daily using fresh produce. They have their own Fresh Food Policy which sets out our expectations and minimum requirements to meet the daily nutritional needs of the children and staff. Their menus not only match but exceed the latest Government guidelines.



If your child brings a packed lunch from home then ideally, their lunchbox should contain a source of starch and protein, a piece of fruit and a drink - but you can get as creative as you like. Try wraps or a slice of quiche or pizza instead of a sandwich, or branch out with pasta, couscous or rice salad. Cut up fruit, offer an easy-to-eat portion of grapes, or cut up carrot, pepper or cucumber sticks with a favourite dip. **PLEASE REMEMBER** when making your child's packed lunch do not include any nuts or nut related products. We have children at school who have a nut allergy.

