

September 2022

Healthy eating resources to support parents

Dear Principal

All schools are encouraged to advocate a consistent message about healthy eating, as per the [Food in Schools Policy](#). This means all food and drink provided and consumed within the education setting should be nutritious and of good quality. School meals are a great choice, however if parents decide to provide a packed lunch, or morning break or snack, the following guidance may be useful for healthy eating tips and ideas.

The 'Are you Packing a Healthy Lunch?', 'Healthy Breaks for Schools' and 'Healthy Choices' resources are all available at the following links should you wish to send them to parents through your usual communication channels.

- [Are you packing a healthy lunch?](#)
- [Healthy breaks for schools](#)
- [Healthy Choices – Choose wisely: advice for parents on nutrition and activity for primary school children](#)



Finally, the Public Health Agency, in partnership with Health & Social Care Trust dietetic teams, are running a series of nutrition webinars including sessions on healthy lunchbox and snack ideas, which parents may find useful. For further details and joining instructions please check the PHA social media channels. If the dates/times don't suit or you would like to find out more about other nutrition topics, pre-recorded sessions are available to watch on the [Public Health Dietitians - YouTube](#) channel.

If you have any queries in regards to the above, please email Judith.Harvey@eani.org.uk.

Yours sincerely

Judith Harvey

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