

September 2023

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.

- [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](#)



In addition, parents or teachers may wish to make use of the Public Health Dietitians - YouTube Channel for free videos. I would suggest the following would be the most beneficial to parents:



- [Healthy Lunchbox and Snack Ideas - YouTube](#)
- [Healthy Eating During the Primary School Years - YouTube](#)
- [Feeding the Under 5s - YouTube](#)
- [Fussy Eating - YouTube](#)
- [Nutrition for Teenagers - YouTube](#)

For your convenience I have attached a flyer which details how to access the videos. By sharing the flyer via school newsletters, sharing platforms or social media you will be playing a key role in improving public health amongst your staff, pupils and the wider community.

Yours sincerely

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