

Dear parents/carers,

At Belmore Primary Academy, we encourage healthy eating amongst our pupils and would therefore ask you to consider some of the suggestions shown below to ensure your child has a healthy and nutritious lunch, giving them the energy to learn effectively in the afternoon.

Some of our pupils have a severe allergy to nuts. **Please do not send in any food that contains nuts**, this includes peanut butter or Nutella in sandwiches.

We would also like to remind you that fizzy drinks are not permitted in school, this includes sparkling water. Water bottles for drinking throughout the day should contain water only, however a small juice carton may be consumed with a healthy packed lunch.

Thank you for your ongoing support and for helping our pupils maintain a healthy diet.

