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Thank you for all your help in supporting our school to ensure our children bring a healthy packed lunch to school each day. I appreciate that finding items that fit in with the School Food Standards can take a little more time initially, but it does soon become easier! We do want to try to support you with this in any way that we can. I know that we all want our children to grow into healthy adults who understand how to make the best and healthiest food choices and, while we can still have treats on occasions, we must try to ensure that food regularly brought into school meets the Standards.

Chocolate covered items

This is any sweet food item that is **covered** in chocolate (even the chocolate covered balls in yoghurts).

Why is this not considered healthy?

These items are high in sugar and fat which isn't good for our bodies.

What do we suggest?

Children can bring cakes, biscuit and chocolate chip items as long as they are not **covered** in chocolate.

Why do children on school dinners have chocolate cake then?

Chocolate cake at school is made with cocoa powder which isn't high in fats or sugar.

These items are all acceptable:

