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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.

### **Crisps/Fried/baked vegetable snacks**

These snacks can be brought into school but they must have less than **2g** of saturated fat per **100g** and less than **1.5g** of salt per **100g**. Some vegetable snacks appear healthy but have high levels of salt.

### **Why is this not considered healthy?**

Too much salt and fat is not good for our bodies and this is especially true for young children who are growing and developing.

### **What do we suggest?**

Children can bring carrot or cucumber sticks instead of a packet of crisps and this is far more economical and much better in health terms. If they really want to bring a crisp like snack then I have included some ideas (please remember to keep checking labels as manufacturers do make changes without letting consumers know). Most supermarket offer a 'light' crisp that has reduced fat and salt. Always remember to check the **salt and fat per 100g**.

