

September 2024

Dear Principal,

Healthy eating resources to support parents

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
- Healthy eating during the primary school years
- Feeding the under 5's
- Fussy eating
- Nutrition for teenagers
- Constipation in children

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 faithfully,

A handwritten signature in black ink, appearing to read 'Hannah McCourt', written in a cursive style.

Dr Hannah McCourt

Health and Social Wellbeing Manager

