



19<sup>th</sup> June 2023

Dear parent/carer

This June, join us and take part in Healthy Eating Week. As the cost-of-living crisis continues, it can be harder than ever to eat well. With this in mind, we are pleased to be taking part in Healthy Eating Week this month. As part of the Week, British Nutrition Foundation, a leading UK based nutrition charity will be sharing multiple FREE evidence-based resources which can support everyone who is interested having a healthy and sustainable diet!

We will be trying some of the BNF Healthy Eating Week challenges during the Week. These are:

- Focus on fibre
- Get at least 5 a day
- Vary your protein
- Stay hydrated
- Reduce food waste

You can support your child with the challenges by trying some of them at home as a family, exploring the recipes on the website and entering our in-school competition.

If this interests you, join us and take part in Healthy Eating Week as healthy eating is #ForEveryone! Register here;

[Healthy Eating Week - British Nutrition Foundation](#)

Best wishes

Mrs Hallifax

Healthy Schools lead