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Church of England Primary School.

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Subject: Updates to Healthy School Meal Standards

Dear Parents and Carers,

We are writing to inform you about recent updates to the healthy food standards for school meals. These changes are part of a wider effort to ensure that all children have access to nutritious, balanced food that supports their growth, wellbeing, and ability to learn. These standards will affect the food served in breakfast club and at lunch time.

What is Changing?

The updated standards focus on improving the quality of food provided in schools. Key changes include:

Reduced Sugar

Meals and drinks will contain less added sugar. Desserts will increasingly feature healthier, fruit-based options, and sugary drinks will be replaced with water or milk.

Lower Salt

Schools are reducing the amount of salt used in cooking and limiting processed foods where possible.

More Fruit, Vegetables, and Wholegrains

Children will be offered more fresh fruit and vegetables each day, alongside wholegrain foods such as wholemeal bread, pasta, and rice.

Healthier Protein Choices

Menus will include a balanced range of protein options, such as lean meats, fish, beans, and other plant-based choices.

Balanced Meals Every Day

All meals are designed to include a healthy balance of:

- Protein
- Carbohydrates (e.g. potatoes, rice, pasta)
- Vegetables or salad
- Dairy or suitable alternatives

Limiting Unhealthy Foods

Foods high in fat, salt, and sugar will be restricted, and fried or heavily processed items will be served less frequently.

More Inclusive and Sustainable Options

There will be a greater variety of vegetarian and plant-based meals, and schools are working towards more sustainable food choices.

Packed Lunches – Working Together for Healthy Choices

We kindly ask parents and carers who provide packed lunches to support these updated standards by following similar healthy guidelines. This helps ensure that all children benefit from consistent messages about good nutrition.

A healthy packed lunch should include:

- A portion of fruit or vegetables (e.g. apple slices, carrot sticks, cucumber)
- A source of protein (e.g. chicken, tuna, eggs, beans, cheese)
- A carbohydrate option, preferably wholegrain (e.g. wholemeal bread, wraps, pasta)
- A dairy item or alternative (e.g. yoghurt, cheese, or a plant-based equivalent)
- A drink such as water, milk, or a low-sugar option

We also ask that the following are limited:

- Sugary snacks such as sweets, chocolate bars and cakes
- Foods high in salt or heavily processed items, such as crisps or processed meats

Fried foods, such as chips, burgers, nuggets or fast food such as pizza and fizzy or sugary drinks will no longer be allowed in packed lunches.

Providing a balanced packed lunch helps children maintain steady energy levels, supports concentration, and reinforces the healthy habits encouraged in school.

Why These Changes Matter

These improvements aim to:

- Support children's physical health and development
- Improve concentration and energy levels throughout the school day
- Encourage lifelong healthy eating habits

How Parents Can Support

You can help reinforce these positive changes by:

- Encouraging your child to try new foods
- Providing balanced packed lunches where appropriate
- Promoting healthy eating habits at home

We are committed to providing meals that are both nutritious and enjoyable for all pupils. By working together, we can create a consistent and supportive environment that promotes healthy eating for every child.

If you have any questions or would like more information, please do not hesitate to contact the school.

Thank you for your continued support.

Yours sincerely,

Mrs Law