



LUNCHES

Springwood parents and students, we are noticing an increase in needs for supplementing lunches. The most common reasons are: didn't pack enough, ate all their lunch at snack, didn't have breakfast and they just need a little extra because they are busy growing, learning and playing hard at school. Thankfully, we have to ability to supplement students, however, we would like to remind parents and students that sometimes as children grow they need more packed in their lunches in the morning. One great way to help curve the need for extra desirable snacks is to pack a sufficient amount of protein. I know most students are capable of packing their own lunches which is great, please encourage them to pack foods that have enough sustenance and protein to make them feel full and satisfied.

We did receive funding from the government to help support families who may be struggling due to the increase of the cost of living and inflation. We do have options to help support, please feel free to contact the school.

Power of Protein:

Protein is an essential nutrient that helps give our bodies energy, keeps us feeling fuller longer and helps our brain function. It also helps fight infections and carries oxygen through our blood. Excellent sources of protein include chicken, fish, eggs, beef / pork, cheese and yogurt. When packing your lunches please consider that there is enough protein in there to help meet your daily requirements.

