



Ryders Green Primary School

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Head Teacher: Miss L Blackmore
• Ba (Hons) • QTS • Pg Cert • AST

Our Ref:

SK/mb

Date: November 2022

Dear Parents/Carers,

This week, we are launching Healthy Swaps. This is a system in which the children gain more awareness in making healthier choices for themselves. The children will be competing as a class weekly to win a Healthy Swaps trophy by making and recording as many healthy swaps as possible. Please read the information below and support your child in this wonderful opportunity.

Scan, swipe, swap!

Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop!

Use the NHS Food Scanner to bring food labels to life!

This app lets you look up the sugar, saturated fat and salt in everyday foods and drinks. Scan the barcodes of more than 140,000 products and get tips and hints along the way.

Just find a food or drink barcode and scan it to quickly see what's inside. You might be surprised by what you find! Scan the QR code below to download the NHS Food Scanner app.

Yours Sincerely,

Miss Blackmore

