Dear [teacher’s name],

Thank you for taking the time to reply to my previous email.

I’m worried about my child having to eat in a particular order from their lunchbox. I make choices about what is packed in their lunchbox based on a number of factors specific to our family and I am confident in [child’s name]’s ability to choose what they eat from what I have provided.

My concern is that encouraging a child to eat certain foods before others can create unhelpful beliefs about food. I am raising my child to trust their body and eat a variety of foods, without feelings of worry, guilt or shame. Directing children to eat ‘healthier’ foods first has potential unintended consequences, like them learning that some foods are ‘good’ and some foods are ‘bad’. This type of thinking doesn’t help children to confidently eat a variety of foods, and associating moral beliefs with food is a pathway to disordered eating.

I am packing a lunchbox based on my child’s individual needs, and there are no foods in there that are better than others. I don’t want you to have to think about how I’ve prepared a food or why I’ve packed it and I don’t want my child having to eat in a way that somebody else decides.

Overall, this is concerning for me as a parent trying to support my child to build a healthy relationship with food and their body. I’d like for us to work out a way to overcome this. I appreciate that you have my child’s best interests at heart, and so my suggestion is that you allow [insert child’s name] to eat freely from their lunch box at mealtimes and avoid commenting (either positively or negatively) on the food they bring to school.

Again, I am happy to discuss this further with you by email or phone, or in person.

Thank you,

[Your name]