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Mrs Emma Verney-Davies
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Dear Parents / Carers,

School Fruit and Vegetable Scheme.

The scheme was introduced following the NHS Plan, launched in 2000, which included a commitment to implement a national fruit and vegetable scheme by 2004. The School Fruit and Vegetable Scheme is funded by the Department of Health.

The School Fruit & Vegetable Scheme is part of the national 5 A DAY programme. Fruit and vegetables are key to a healthy lifestyle and it is recommended that children eat at least five portions of fruit and vegetables every day. Research has indicated that on average children in England only eat around three portions daily, with many eating fewer.

I am delighted that our school is participating in this scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day. The scheme does not disrupt the normal school day in any way.

The fruit and vegetables are fresh and of good quality. The aim is for the children to have a positive and enjoyable experience of fruit and vegetables. The scheme is voluntary, and although there is no obligation for your child to take part, I hope you will share my belief that it has many benefits. It is a great way to help us teach our children the benefits of healthy eating.

It is essential that you inform us of any food allergies or intolerances your child may have so that we can ensure they are not given anything that might harm them. If you have any questions, please contact school office.

Yours sincerely,
Mrs Emma Verney-Davies
Headteacher

