



Headteacher: Michael Dillon B Ed (Hons) MA

Friday, 26 June 2020

## **Fruit & Vegetables**

The scheme for providing fruit and vegetables to children in the Nursery, Reception, Year 1 and Year 2 continues this year. It is a wonderful opportunity to encourage the children to eat an extra portion of fruit or vegetables each day and maybe try out something new.

We are provided with a range of good quality products, delivered to the school twice a week. We usually have apples, bananas, carrots, satsumas and sometimes pears, strawberries, mini cucumbers, tomatoes or sugar snap peas.

Please inform us if your child has an allergy or a problem with any fruit or vegetable so that we can ensure that they are not offered it. On the other hand, if they are reluctant to try things at home, we will encourage them to have a go at school even if it means just attempting one mouthful! We have found that many of the children will try something if their classmates are eating it too.

Thank you for your support with this scheme. The children certainly look forward to their snack.