



PPAT Education
ILCHESTER COMMUNITY PRIMARY SCHOOL
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THE EARLY YEARS DEPARTMENT
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THE INFANT DEPARTMENT
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THE JUNIOR DEPARTMENT
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Dear Parent/Family Member

Government's School Fruit and Vegetable Scheme

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in maintained schools will be entitled to receive a free piece of fruit or vegetable each school day. Scientists agree that everybody, including children, can reduce the risk of heart disease and cancer by eating at least five portions of fruit and vegetables every day. On average, children in the UK eat only two portions a day.

I am delighted that our school participates in this exciting scheme, which reinforces our commitment to healthy eating. Your child will be offered a free piece of fruit or vegetable each day, to be eaten in the morning break.

The fruit and vegetables will be 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. If you do not wish your child to participate in the scheme, please inform the school in writing. It is essential that you inform us of any allergies your child may have so that we ensure they are not given anything that might harm them.

If you have any questions regarding the scheme, please do not hesitate to contact me at the school.

Yours faithfully

M Mordue
Headteacher