



# Fruit and Vegetable Scheme

*If relevant, please complete slip and return*

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The UK Government operates a National Fruit and Vegetable Scheme for 4 to 6 year olds. Under the scheme, each child is entitled to receive a **free** piece of fruit / vegetable each school day. Scientists agree that everybody, including children, can reduce their risk of heart disease and cancer by eating **at least 5 portions** of fruit and vegetables every day. On average, children in the UK currently eat **only 2 portions** per day.

Whilst the scheme is voluntary and there is no obligation for your child to take part, we are keen to encourage our children to eat healthily and enjoy the fruit and vegetable. Please complete the slip below and return to school to confirm receipt of this letter. If you **do not** wish your child to participate in the scheme, please complete and return the slip below.

It is **essential** that you inform us of any allergies your child may have, so that we can ensure they are not given anything which will harm them.

If you have any questions, please contact the school.

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To Muskham Primary School

## **Re: Free fruit and vegetables for under 6's (ONLY)**

Child's name .....

Please **DO NOT** provide free fruit and vegetables for my child, thank you.

OR

Please provide free fruit and vegetables for my child however note the following relevant medical conditions or allergies:

Signed (Parent or carer) ..... Date .....