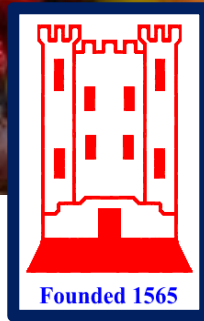


Fruit for School



You may have heard about the Government's School Fruit Scheme for 4 to 6 year olds (and 3 year olds in Nursery).

Under the scheme, each child will be entitled to receive a free piece of fruit each school day.

Scientists agree that everybody, including children, can reduce their risk of heart disease and cancer by eating at least five portions of fruit and vegetable every day. On average, children in the UK eat only two portions a day.

Our school operates this scheme and your child is invited to join. On the New Starters registration form, there will be a question asking for your permission to join this scheme, at no cost to you.

The fruit will be fresh and of good quality, equivalent to the fruit that we buy in the shops.

The aim is for the children to have a positive and enjoyable experience of fruit.

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

If you have any questions, please contact the School Fruit Coordinator, Mrs T Maskrey.

Typical types of fruit delivered regularly to school

- Apples
- Bananas
- Pears
- Carrots
- Tomatoes
- Raisins
- Satsuma oranges



There other seasonal fruits and vegetables that come to school from time to time and these include:

- Strawberries
- Mini cucumbers
- Sugar snap peas

