FREE FRUIT AND VEGETABLES

You may be aware of the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in LA maintained schools is entitled to receive a free piece of fruit or vegetable 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 vegetables every day. On average, children in the UK eat only two portions a day.

Our school has been given the opportunity to participate in this scheme, which reinforces our commitment to health eating. From September your child will be offered a free piece of fruit or vegetable each day. This will be eaten during the morning to provide an energy boost before lunchtime.

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.

If you have any questions, please contact the school office.