



Alwyn Infant School, Mulberry Walk, Maidenhead, Berkshire, SL6 6EU

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Dear Parent/Carer

You may have heard about the Government's School Fruit and Vegetable Scheme. Under the scheme, each child aged four to six in LEA-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 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.

I am delighted that our school has been given the opportunity to participate 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.

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 there is no obligation for your child to take part. **If you do not wish your child to participate in the scheme, you must let me know as soon as possible. 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 might harm them.**

If you have any questions, please contact me.

Yours sincerely

Miss K Grierson
Head of School