



The Nurturing Tree

Green Wednesday

Every Wednesday at The Nurturing Tree is a day called 'Green Wednesday'. The thought behind it is to promote healthy eating amongst the children and to encourage the children to make their own independent choices. Every Wednesday during snack time the school will be providing a selection of freshly cleaned and prepared fruit and vegetables. The children will then be encouraged to take a selection of the fruit/veg on offer for snack that day.

In order for your child to take part in this initiative, we do need approval from both parents. We will have a variety of different fruit and vegetables each week, for example, bananas, apple, pineapple, melon, watermelon, cucumber/carrot sticks and many more.

In order for your child to take part please sign and detach the form below and return along with your other registration documents.

CHILD'S NAME –

CLASS –

DATE –

I would like my child to partake in the Green Wednesday Initiative.

Below is a list of fruit/veg my child is **NOT** allowed to eat:

Mum's Signature

Dad's Signature