

February 2019



Dear Parents

You may be aware of the major national campaign 'Eat Them To Defeat Them' by Veg Power, to encourage children to eat more vegetables!

We all know that eating a wide range of vegetables is part of a healthy diet but did you know that leafy greens such as kale, spinach and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate and beta carotene.

However, there's a problem... many British children don't really like veg. In fact 80% don't eat enough. So this campaign is all about convincing children to eat more vegetables.

We are excited to announce that we will be joining in the campaign and encouraging our pupils to eat more vegetables. There will be a vegetable of the week each week during the challenge and the children will be encouraged to try different vegetables with their lunch and we will be displaying a chart showing the vegetables we have used within our weekly menu.

Enclosed is a chart and sticker pack for your child to track their vegetable eating and we will be speaking to the children in school to encourage them to experiment more with their vegetable choices.

The campaign seeks to inspire children, support parents and encourage everyone to enjoy more veg whatever their other choices. For more information please go to www.vegpower.org.uk or follow #EatThemToDefeatThem on social media.

Yours sincerely

Mrs H Atkins

Head Teacher

