



DATE

Dear Parent/Guardian,

As you may be aware, a snack is provided twice daily for all Preschool & Kindergarten students. However, it is not always possible to cater to every student's personal likes and dislikes. Should you feel that your child requires an additional snack to be brought from home, please endeavor to provide a healthier option. Food that is high in sugar and processed ingredients will not provide your child with the right fuel for their academic work and learning.

Some healthy options could include;

- Fruit
- Yogurt (Greek Style)
- Crackers (Low-salt, wholegrain)
- Cheese
- Vegetable Sticks
- Whole-wheat bread
- Oatmeal Biscuits
- Bread Sticks

Sincerely,

Unity Concord International School Nurses Office

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