

Annexure 16

**Letter to Initiate Healthy Tiffin Program**

Dear Parents/ Mothers,

As a part of the ongoing nutrition programme in the Rosary School, we are starting a "Healthy Tiffin Programme". In this we are providing you with six tiffin menus, attached with the letter. These menus have been calculated for their nutritive values. We request you to send these menus only, in your child's tiffin.

The purpose of this programme is to replace the fried snacks in their tiffins with healthy home cooked food. Another reason is to make children develop healthy dietary habits in school with your help.

Therefore, we request you to please send the recepies (provided with this letter) in your child's tiffin and help them to have healthy food instead of fried snacks. Their tiffins will be checked from now on, as they will be made to finish their tiffins in the class during the recess for 10 minutes after which they will be allowed to go in the playground. For this, we also request you to send rough sheet of newspaper, so that they can spread it on their tables to have tiffin.

We also request you to please contribute, some easy to cook recepies to us. These recepies should be easy to cook, easy to bring in the tiffins and most importantly it should be easy for children to finish it fast in ten minutes. The recepies which you will send to us, will be modified for their nutritive values. After the modification we will again send you the next set of menus for another month. This will help to add varieties in the tiffin menus. It will also be easy for you to decide which menu to give in the tiffin.