

Date: 14/09/25

Subject: Health is Wealth – Weekly Color & Nutrition Plan

Dear Parents,

As part of our “**Health is Wealth**” program, we are introducing a **Weekly Color Plan** to encourage children to eat a variety of healthy fruits and vegetables. Each week, we will share a **specific color theme** in the weekly plan. Parents are requested to send any fruit or vegetable of that color with their child on the mentioned day(s).

For example:

- If the weekly plan mentions **Red**, children may bring apple, watermelon, tomato, or any other red-colored fruit/vegetable.
- If the weekly plan mentions **Green**, children may bring cucumber, grapes, spinach, or any other green fruit/vegetable.

At the **end of each month**, children who consistently bring items according to the weekly color plan will receive a **special reward** for their participation.

This initiative aims to:

- Promote **healthy eating habits**.
- Help children learn about the **importance of colors in food and nutrition**.
- Make healthy living a **fun and engaging activity**.

We request your kind cooperation and support in making this program a success.

With regards,

Anitha Jeas

Principal

School Nurse