



Zurich, at the beginning of the school year

Letter to all parents and guardians of children of kindergarten age

Tips on what to provide for morning snacks at kindergarten and school

Dear Parents and Guardians,

School makes a lot of demands on children: all that playing, learning and concentration takes a lot of energy! A good breakfast and a healthy morning snack will make it easier for your child to stay fit and alert right through to lunchtime.

The newly styled flyer presents plenty of ideas to help you prepare healthy, delicious snacks. On the back, you will find a presentation of fruits and vegetables in season. We suggest you talk to your child and find out what they would like to try out.

Sugary bars, sweets, crisps and sweetened soft drinks do not make good snacks. The high sugar content is bad for your child's teeth and the energy they provide lasts only a short time.

The School Health Services have drawn up guidelines for healthy, sustainable nutrition to ensure that your child enjoys a balanced, child-friendly diet while in school. The Zurich school administration has decided that these guidelines will apply to all primary schools in the city of Zurich. You can consult them and lots of other useful information at www.stadt-zuerich.ch/schularzt.

We wish your child a healthy, happy time at school!

Best regards,

Claude Hunold
Director, School Health Services