



# Bal Bharati PUBLIC SCHOOL

An Institution of the Child Education Society (Regd.), Delhi

BBPSRH/Parent/2024-25/३४

24 September 2024

Dear Parents

A healthy mind resides in a healthy body. The health of our children has always been of prime concern. Our school believes in promoting healthy eating habits and integrating nutrition with curricular and co-curricular activities. We are committed to adopting a healthy diet. For this reason a 21 day self-check programme is launch to promote the same. A healthy tiffin box should have fresh fruits, crunchy vegetables, Home cooked Poha, Upma, Parantha, Seasonal vegetables, buttermilk etc. Choose a diet low in fats and provides enough calcium and Iron to meet growing body's requirements of your child.

Please note that sweet drinks, Dried fruit bars, Dairy desserts, chocolate spreads, savory biscuits and processed foods do not belong in a healthy tiffin box.

Regards

TEAM BBPSRH



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