

School Fruit Scheme

Dear Parent/Guardian,

Eating fruit and vegetables at school boosts children's energy levels through the day, and makes an important contribution to good health both in the short and long term. Your school offers a subsidised fruit and vegetable scheme to which all pupils can subscribe.

The authorities subsidise each piece of fruit by NOK 1, while parents/guardians pay NOK 2.50 per piece. The school decides which days fruit should be distributed, and parents/guardians pay only for those days the pupil receives fruit. For example, during the spring term a school may offer fruit on 100 days, which will result in a cost to parents/guardians of NOK 250 per pupil. You can find out more about the School Fruit Scheme at www.skolefrukt.no

If you do not have internet access or have any questions about the scheme, call 815 20 123 any weekday between 08.00 and 17.00 for further information.

Your child will receive:

Children subscribing to the scheme will receive one piece of fruit per day. The most common fruits are apples, bananas, pears, kiwis, oranges, clementines, nectarines and peaches. Children may also receive a carrot. The selection will vary according to season and local circumstances.

If you wish to subscribe to the School Fruit Scheme on behalf of your child, complete the subscription form at www.skolefrukt.no. Subscriptions last for half a year at a time.

Best regards,

School Fruit Scheme