

As part of the 3-5 planning this month we are hoping to create a shop with the children which will give them the opportunity to develop their knowledge and understanding of the five food groups they need to ensure they are eating a varied and balanced diet, an area we are sure you will agree is of great importance. Over and above this the creation of the shop will ensure the children have many opportunities to develop their numeracy, literacy and health and well-being skills. In order to make the shop a realistic experience as possible and reinforce our recycling policy we are seeking your assistance in sourcing the following items. Please note these are only a few ideas of foods which we feel would be beneficial in supporting the children's learning. However, if you have any other suggestions or items you feel would be of benefit please feel free to bring them along.

FRUIT AND VEGETABLES

Any old fruit or vegetables

Packets of Potatoes/Carrots etc

Empty frozen packets of fruit or vegetables

Fruit Juice Cartons

Tins of fruit and vegetables

BREAD, CEREALS AND POTATOES

Pasta

Rice

Barley

Couscous

Potatoes (various varieties)

Bread

Healthy breakfast cereals

Barley

MILK AND DAIRY

Milk cartons/long life milk

Cheese

Yoghurts

MEATS /PROTEINS

Due to health and safety reasons we will be using pictures of meats as opposed to children handling them. However we would also be looking for the following items in this category:

Beans

Lentils

Nuts

SUGARY FOODS

Butter

Oil

Biscuits

Chocolate

Fizzy drinks

Sweets

Chocolate cereals/Sugary cereals

Cakes

Spreads, including jam, chocolate, honey, etc...

Please note any of the goods we are looking for can be full or empty.

We would like to take this opportunity to thank you for taking the time to support us with the children's learning and development, especially in an area of great importance.