



VENUS GLOBAL CAMPUS (CBSE)

Affiliated to CBSE, New Delhi. Affiliation No. 1930980. School Code: 55947

A.P. Nagar, Erode Main Road, Punnamchathram, KARUR - 639 136.

Circular No: VGC/2023-2024/029

08.06.23

Healthy Choices for Break times

We hope this circular finds you in good health and high spirits. As part of our ongoing commitment to promote a healthy lifestyle, we are implementing a snacks policy at Venus Global Campus.

Effective immediately, we kindly request your cooperation in ensuring that only nutritious snacks are brought to school during break times. This policy aims to encourage healthy eating habits and discourage the consumption of junk foods, which can have adverse effects on physical and mental well-being.

Permitted Snacks:

1. Fresh fruits and vegetables
(e.g., apple, orange, pomegranate, guava, banana, carrot, grapes, papaya, etc..)
2. Thattai payir, pasi payir, sundal, peanuts, dry fruits (Badam, Pista, Dates, Cashew) etc...
3. Homemade sandwiches with healthy filling, egg etc...
4. Fresh juice

Prohibited Snacks:

1. Chips (potato chips, corn chips, etc.)
2. Candy bars, chocolates, and other sugary treats
3. Sugary drinks (sodas, energy drinks, fruit juices with added sugars)
4. Processed snack cakes, cookies, and pastries
5. Fast food items (burgers, fries, pizza, etc.)
6. All kind of junk foods.

NOTE: Students must use only stainless steel water bottle and lunch box. Plastic water bottle and lunch box are strictly prohibited.

We appreciate your cooperation in adhering to this snacks policy and working together

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