



**P. P. SAVANI CAMBRIDGE INTERNATIONAL SCHOOL**

Mota Varachha, Abrama Road, Surat -394150

CAIE Centre No :- IN575 Phone :- 9909991024/34

PPSCIS/24-25/CIRCULAR/P-007

Date: 18/04/2024

Dear Parents,

Warm greetings!

We understand the paramount importance of healthy eating in fostering the well-being, growth, and development of our children.

**A healthy child is indeed a happy child.**

At PPSCIS, we are deeply committed to the holistic development of our students, placing equal emphasis on their academic progress and overall wellness. In line with this vision, we encourage the inclusion of nutritious, homemade meals in your child's tiffin boxes.

To assist you in providing wholesome meals for your wards, we've compiled a list of healthy tiffin recipes:

Cutlets	Veg Sandwiches
Upma	Poha
Makhana bhel	Roti wrap
Stuffed Paratha	Muthiya
Patra	Dhokla
Puri sabji	Idli chutney
Thepla	Variety of rice like palak rice, Veg. Pulao
Sheera	Corn and sprout bhel

While we are also working on implementing a healthy menu in our school tuck shop, **we urge you to utilize this facility only when sending a tiffin from home is not feasible. Eating packaged food is not advisable for the students.**

**The tuck shop serves as a backup option, ensuring that no student goes hungry if they forget or are unable to bring their tiffin from home.**

We firmly believe that by working together, we can promote a culture of healthy eating during school hours, thereby nurturing the well-being of our students. Thank you for your continuous cooperation and support. We look forward to partnering with you in this important endeavor.

**Best regards**

**Principal**

**PPSCIS**