



Medi-Caps International School, Indore
Circular for the Parents of Nursery to Class XII

CIR/2026-27/59

September 15, 2026

Dear Parent
Greetings!

ADVISORY NOTE TO PARENTS

Subject: Promoting Healthy Eating Habits – Eat Right Campaign

As part of our continued efforts towards promoting **healthy eating habits and food safety awareness** among our students under the **Eat Right Campaign**, the school encourages parents to provide nutritious, wholesome and age-appropriate food in their child's daily meals and snack boxes.

A healthy diet plays an important role in a child's **physical growth, mental well-being, concentration, immunity and overall development**. We therefore request your cooperation in developing healthy food choices and eating habits at home.

Parents are advised to encourage children to consume **fresh, local and seasonal foods** and to prefer naturally nutritious snacks over highly processed or packaged food items.

Healthy Snack Options

You may consider including the following in your child's snack box:

- **Makhana (fox nuts)** – preferably lightly roasted
- **Nuts and seeds** such as almonds, walnuts, peanuts, raisins and pumpkin seeds, wherever age-appropriate
- **Puffed rice (murmura)** and homemade nutritious mixtures
- **Millets** such as ragi, jowar and bajra in the form of rotis, cheela, dosa, ladoos or other homemade preparations
- Fresh **seasonal fruits** and vegetables
- Homemade **poha, upma, idli, dhokla, sprouts or vegetable sandwiches**
- Homemade snacks prepared using wholesome ingredients

Healthy Beverage Choices

Parents are encouraged to provide healthy and hydrating beverages such as:

- Plain drinking water
- Lemon water with minimal/no added sugar
- Buttermilk or chaas
- Coconut water
- Homemade milk-based beverages with limited added sugar
- Traditional healthy beverages prepared using natural ingredients



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We Encourage Parents to Limit

Please try to limit the frequency of:

- Packaged and highly processed snacks
- Chips, instant noodles and fried packaged foods
- Sugary drinks, aerated beverages and energy drinks
- Excessively sweetened juices and flavoured beverages
- Chocolates, candies and other high-sugar foods as regular snacks

We also encourage parents to **read food labels carefully**, choose foods with better nutritional value, and avoid making packaged and high-sugar foods a routine part of the child's daily diet.

Let us work together to make **healthy, local, seasonal and nutritious food** an integral part of our children's daily lives. Small changes in eating habits today can contribute significantly to a **healthier and happier future**.

Your cooperation and support in this initiative are highly appreciated.

Regards,

A handwritten signature in green ink, which appears to read 'Y. Rathore', is written over the printed name 'Principal'.

Principal

Medi-Caps International School