

# Cheswardine Primary and Nursery School

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Executive Headteacher: Mrs R Williams



*Reach for the Stars*

6<sup>th</sup> December 2019

Dear Parent / Carer

While our pupils are very excited about the approaching festivities, they are also thinking of those less fortunate and have asked if they can support Market Drayton foodbank this Christmas. This is very commendable of them and we have looked on the Market Drayton webpage where the following information is listed:

## *WHAT'S IN A FOOD PARCEL?*

*Our foodbank provides three days of nutritionally balanced, non-perishable food.*

*The Trussell Trust has worked with nutritionists to ensure food parcels contains sufficient nutrition for at least three days' worth of healthy, balanced meals for individuals and families.*

*A TYPICAL FOOD PARCEL INCLUDES:*

*Breakfast cereals*

*Soup*

*Pasta*

*Rice*

*Pasta sauce*

*Tinned beans*

*Tinned meat*

*Tinned vegetables*

*Tinned fruit*

*Tea or coffee*

*Sugar*

*Biscuits*

*Snacks*

Any donations you may wish to offer would be greatly appreciated. Thank you.

Yours sincerely

A handwritten signature in blue ink, appearing to be 'D France'.

Miss D France  
Class teacher



Cheswardine Primary  
and Nursery School

**Goldstone Federation**  
Together we SHINE



Hinstock Primary School  
and Hedgehogs Nursery