

*Address*

*Date*

Dear [*Head Teacher*]

It has come to my attention that my child/ren are being given drinks/foods containing artificial sweeteners whilst in your care. Please accept this letter as formal notification that I do not give consent for my child to be given any products containing artificial sweeteners and flavour enhancers.

I know that you care for our children, and always endeavour to do what you feel is best for them, so it appears that you may not realise the dangers of these substances. Therefore I have attached a letter from a nutritional therapist who is running a campaign called SOS – Sweeteners Outta Schools (our children are sweet enough!) including some information regarding the dangers of these toxic substances in particular regarding Aspartame.

I would be very grateful if naturally healthy products such as milk, bottled water and organic reduced-sugar squashes or fruit juices are offered as an alternative for those who do not wish to consume the harmful additives.

I would also like to see others being educated on the dangers of these substances in your establishment either by leaflet distribution or posters, so that other parents and children are able to make informed decisions about the products they consume.

Thank you for your time.

Yours sincerely

*Name*