**To:** [Manager’s Name]

**From:** [Your Full Name]

**Date:** [Insert Date]

**Subject:** Permission to Bring and Consume Eatables at Workplace Due to Medical Condition

Dear [Manager’s Name],

I am writing to request permission to bring food to the office that I can consume at various times, other than the designated lunch break. According to my doctor’s advice, I need to drink and eat light snacks throughout the day to maintain my blood sugar levels. Kindly refer to the attached medical certificate and doctor’s note for reference.

I assure you that I will not be distracted from my work while I consume my snacks. It is merely a medical necessity that I must pay attention to.

Looking forward to your support and cooperation.

Sincerely,  
[Your Full Name]  
[Your Job Title/Department]