Healthy breaks for pre-school children

We are committed

to healthy eating

At break time we enjoy healthy snacks because they help us grow properly, do our best and make us healthy and happy in the future.











Whole or semi-skimmed unflavoured milk

Water

Tap water or unflavoured, still, bottled water Fruit and vegetables

All fresh fruit and vegetables

Other snacks

Bread-based snacks, low-sugar cereals, plain yogurt or plain fromage frais







Public Health Agency

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