

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.



Milk

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