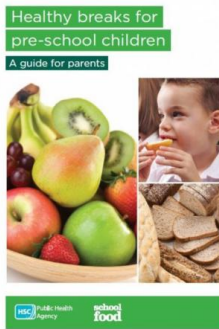


Friday, 14 June 2019

## [Health and Social Wellbeing Improvement](#)



Leaflet for parents explaining why a healthy break is so important for pre-school children and some tips and ideas for healthy nutritious breaks.

PDF versions have been updated with advice on halving small fruits and vegetables like grapes and cherry tomatoes.

## Details

Format

A5 leaflet

Target group

Parents

## Downloads

Attachment	Size
<a href="#">Healthy Breaks for Pre-school A5 Leaflet ENGLISH.pdf</a>	365.17 KB
<a href="#">Healthy Breaks for Pre-school A5 Leaflet IRISH 07_18.pdf</a>	408.29 KB

## Tags

- [nutrition](#)
- [healthy break](#)
- [school food](#)

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