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 |
|--|-----------|
| Healthy Breaks for Pre-school A5 Leaflet ENGLISH.pdf | 365.17 KB |
| Healthy Breaks for Pre-school A5 Leaflet IRISH 07_18.pdf | 408.29 KB |

Tags

- nutrition
- healthy break
- school food

Print