

# 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