

# 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 vegetables and  
fresh, frozen and  
tinned fruit (in own  
juice)



## Other snacks

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