

# Healthy breaks for schools

At this school,  
we are committed  
to healthy eating

At break time we enjoy healthy snacks  
because they help us grow properly, do  
our best in school and make us healthy  
and happy in the future.



## Milk

All whole,  
semi-skimmed  
or skimmed  
unflavoured milk,  
plain low fat yogurt



## Water

Tap water or  
unflavoured, still,  
bottled water



## Fruit and vegetables

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



## Bread based snacks

All types of  
unsweetened white  
or wholemeal bread  
products spread thinly  
with low-fat spread,  
plain breadsticks, rice  
cakes, crackers or toast