## 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

- <u>nutrition</u>
- healthy break
- <u>school food</u>

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