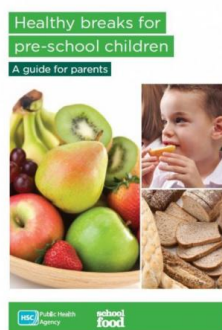


Friday, 14 June 2019

[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](#)