

# 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



## Water

Tap water or unflavoured, still, bottled water



## Fruit and vegetables

All fresh fruit and vegetables



## Bread based snacks

White or wholemeal breads spread thinly with a little low-fat spread, plain breadsticks or toast