

# 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