***In Edenderry Primary 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.

Remember our healthy breaks can be:

Milk or water

All fruit and vegetables

Bread based snacks – sandwiches, scones, pancake

Rice cakes

Crackers/cracker bread and cheese

Yoghurt

***REMEMBER – no crisps, chocolate or sweets.***

***We can put in a little treat on a Friday.***