








The Well-being Champions at Meadows have been carrying out a survey at break-time of snacks. We still need to encourage everyone to bring a healthy snack for break-times.

We thought it would be helpful to give you all some more suggestions on a healthy snack that will give you energy.

<u>Recommended Healthy Snack</u>	
Fruit 	Bread sticks 
Vegetable sticks 	Crackers 
Fruit winder or sticks 	Piece of cheese 
Rice cake 	Small extra sandwich 