

Healthy Eats Brain Break

What can I pack for Brain Break?

Brain Break is a set time in the classroom to introduce children to raw salad vegetables, fruit and encourage regular drinking of water. Please only send the foods with a tick for your child's classroom Brain Break.

Suitable:

- ✓ All fresh fruit (for example, whole or chopped fruits)
- ✓ Fruit canned in water or juice (not syrup)
- ✓ Dried fruit (please limit as it contains concentrated sugar and tends to cling to teeth, increasing the risk of tooth decay)
- ✓ All fresh vegetables or salad sticks (for example carrot, celery sticks, cherry tomatoes)
- ✓ Water

Not suitable:

- ✗ Other drinks – fruit and vegetable juices, cordial, mineral water, carbonated water
- ✗ Fruit products (eg fruit leather, fruit roll ups, fruit bars)
- ✗ Fruit canned in syrup or jelly with artificial sweeteners
- ✗ Fruit Jams, jellies, pies, cakes
- ✗ Chips, vegetable pastries, cakes, quiches, breads
- ✗ All processed/ packaged snacks



Healthy Eats

2 & 5 to help you thrive!