

get off to a flying start!



Sugar swaps
Swap food and drink that is high in added sugar to no added or sugar free versions

Meal time
Try and make time for 3 regular meals a day

Me size meals
Remember kids tummies are smaller than grown-ups so they don't need the same amount of food

5 A DAY
Make sure they get a variety of at least 5 portions of fruit and veg every day

Snack check
Regular, healthy snacks really help kids grow and develop well

Up and about
Help your kids to have lots and lots of time to play and run about

Snacks						
Mon	Tue	Wed	Thur	Fri	Sat	Sun
John						
Jim						
John						

For more early years information ask a member of staff or search Change4Life

