

Foods for good moods

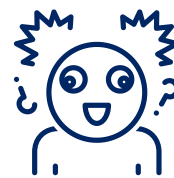
Swapping sometimes foods for everyday foods will give your child lasting energy to play and learn and help improve their:



Mood



Attention span



Behaviour

Sometimes



Every day



Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods. Some foods may cause a choking risk to younger children and may need to be modified.

