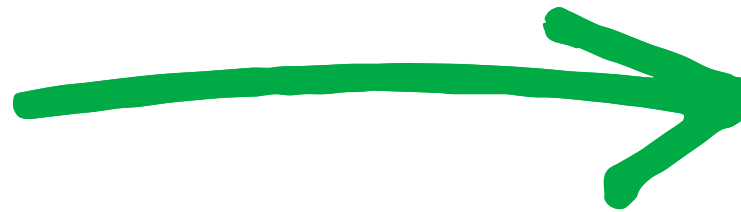


Foods for good moods

Sometimes



Every day

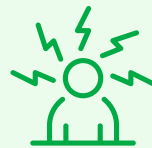


Snack swaps

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



Mood



Attention
span



Behaviour

Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods.

Produced by Illawarra Shoalhaven Local Health District, Health Promotion Service, 2023.



Munch & Move