

# FOODS FOR GOOD MOODS

## SOMETIMES



## SNACK SWAPS

Swapping sometimes foods for everyday foods will help improve:



Mood



Attention span



Behaviour

and will give your child longer-lasting energy to play & learn.

## EVERY DAY



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



HEALTHYEATING  
ACTIVE LIVING