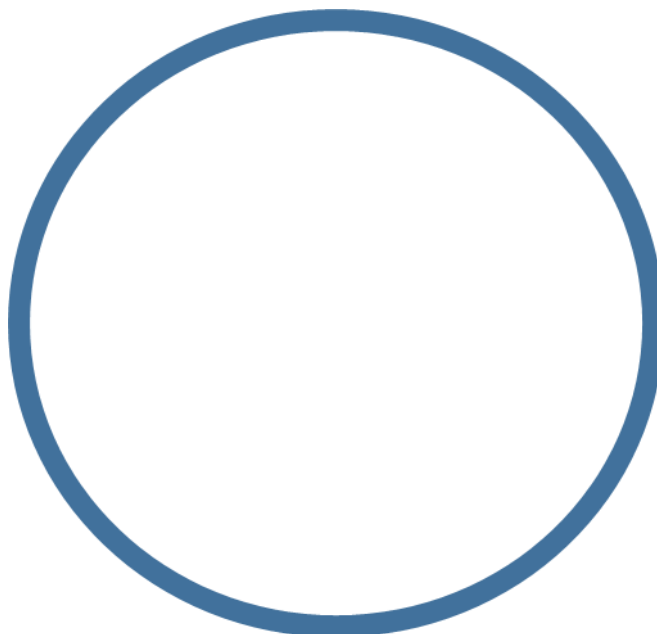


Celebration times

We still want to celebrate birthdays, religious festivals and special times but we will be ensuring we are tooth friendly when we do so. We need your help to help us do the same for birthdays. Your child will still have our special birthday cake at group time and they will be made to feel special. If you wish to bring something in to celebrate with their group please remember to be tooth kind too!

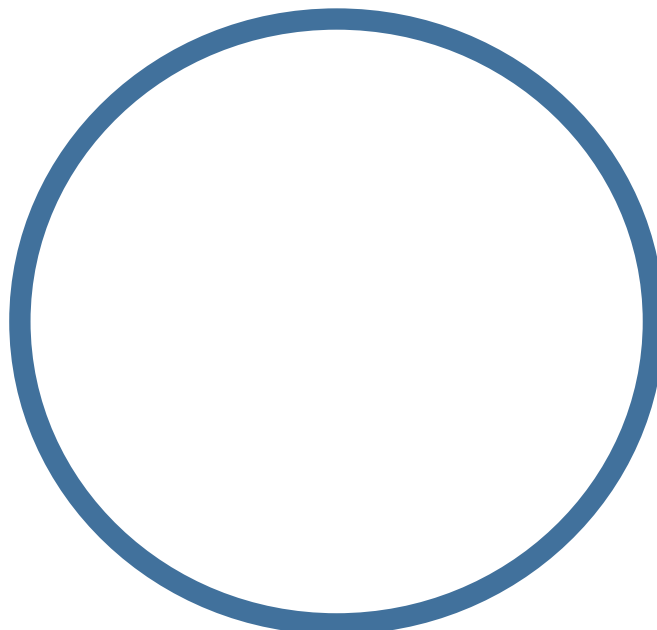


To be healthy and tooth friendly snacks should

- Have no added sugar
- Have little or no salt (less than 0.3g per 100g)
- Be low in saturated fat (less than 1.5g per 100g)

Always check the label, lots of food aimed at young children can contain large amounts of hidden sugars, saturated fat and salt.

After School Snacks



SMILE AWARD CELEBRATION AND AFTER SCHOOL SNACK GUIDE

