

Askea Community Childcare Centre

December Newsletter

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059/9135206

Edition 3

Healthy Eating

Promoting Lifelong Healthy Eating Habits

Lunch Box Guide

Juicy Snacks	Thirsty Snacks	Smooth Snacks	Crunchy Snacks	Chewy Snacks
Orange	Milk	Banana	Raw vegetable slices, sticks or wedges – try them with yogurt dip	Bread – Rolls, baps, pitta, baguettes
Pineapple	Home-made Soup	Yogurt – natural or fruit	Apples	Scones – plain, fruit or wholemeal
Plum	Water	Milk pudding	Toast	Cheese slices, cubes or strings
Pear	100% Juice	Home-made milkshake using yogurt, milk and fruit	Breakfast cereal (without sugar, honey or chocolate coating)	Cold meat slices
Tomato			Crackers (without salt On top)	
Seedless grapes				

The weather outside is getting colder and we need to ensure inner health keeps us warm throughout winter.

At Askea Childcare Community Centre we promote healthy eating choices in accordance with Pre-school Regulations. It is our aim to work in partnership with parents to ensure children are as healthy as they can be, to help

children learn and develop good life long healthy eating habits. Treats are nice but should not replace healthy choices at meal times. Thank you for your support.

Dates for your Diary

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Santa



Santa Clause will visit our Centre on 20th December 2017.

The Service will close for Christmas Holidays on 22nd December 2017 for all our children.

We will reopen on Tuesday 2nd January 2018 for all children except children enrolled in our ECCE rooms.

We will open ECCE rooms on Monday 8th January 2018.

Our best wishes go out to everyone as you prepare and enjoy the festive season.

Check out our website on [www. Askeachildcare.ie](http://www.Askeachildcare.ie)