

EP is committed to offering **BALANCED** and **NUTRITIOUS** meals. To do this we will...

Provide YOU with **BREAKFAST, LUNCH** and **APPROPRIATE** snacks

Eating balanced meals will help YOU to **GROW** and **DEVELOP** just as you should

Provide YOU with **DRINKS** all day. This **WILL NOT** include – Caffeine, Energy drinks or fizzy drinks.

**BRAIN POWER**

Will **PREVENT** health problems like: **OBESITY, TOOTH DECAY** and **HEART DISEASE**

# HEALTHY EATING

\***ESSENTIAL** for **MAINTAINING** and **PROTECTING** your health\*

Healthy Eating will **ENCOURAGE** "Healthy Habits"