

To the
parents and guardians
of children at kindergarten and primary school

Zurich, August 2009

Tips for a healthy mid-morning snack

Dear Parents,
Dear Sir / Madam,

A healthy diet and exercise will make your child fit and promote his / her well-being. Breakfast and mid-morning snack are particularly important in this regard. For this reason, you should give your child a healthy mid-morning snack, in order to ensure that he / she is still attentive and still works well as the morning wears on.

Please find enclosed the *Tips for mid-morning snack from the educational health services* (Znüni-Tipps der Schulgesundheitsdienste). Based on the traffic light system, you will find lots of good ideas for a healthy mid-morning snack on the green side. Yellow is also alright from time to time. Discuss with your child what he / she would like to try. You can then put the mid-morning snack tips in a visible place on the refrigerator.

Please do not give your child any sugary drinks, sweets or chips for mid-morning snack (red list). These foodstuffs facilitate caries and obesity!

The school will also pay greater attention to nutrition and in so doing support the many parents who have requested this. The educational health services have drawn up nutritional guidelines for snacks during breaks. Sugary drinks, sweets and snacks with a high fat content will be removed from the break kiosk and the drink machines during the course of the year. The crèche and supervised lunch service will also adjust their offerings.

You will find projects and offers of the educational health services relating to healthy nutrition and exercise on www.stadt-zuerich.ch/schulgesundheitsdienste.

With the joint commitment of parents and schools to healthy nutrition, we are making an important contribution to the healthy development and good physical and mental performance of our children.

Yours faithfully



Dr. med. Daniel Frey
Director of the Educational Health Services