

The *mmmm* most amazing snacks...

To have good teeth...

...because they're healthy and they taste great!

*To help my growth...
For my well-being...
For success in school...*

*Fresh vegetables
Yoghurt*

*Plain milk
Firm cheese*

Fresh fruit

Because they taste great!

To have more energy...

"These recommendations are the fruit of cooperation between members of the CISSS Bas-Saint-Laurent (school nurse, École en Santé project officer, nutritionist, dental hygienist, dentist consultant) and educational staff Bas-Saint-Laurent."

Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent

Québec