

## **Healthy Tips**

Nutrition and eating well is vital for us all, but particularly for growing children. As a Super Troopers' parent or guardian. Their aim is to make children aware of the foods they are eating and to value the importance of a healthy, balanced diet. Throughout the Super Trooper's Activity Journal, you will discover super recipes from our official healthy eating partner SuperValu to try at home. The programme also includes longer-term activities that encourage children to eat new fruits and vegetables along with easy-to-understand explanations about the importance of nutrition.

Their website is a great resource for healthy tips regarding snacks and recipes for all the family to enjoy.

<https://supertroopers.ie/parents-resources/>