



Top nutrition = Top marks

Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.

Here are some great ideas you can swap today:

- Piece of cake to a scone
- Chips to popcorn
- Juice to plain milk



For more tips on making a swap visit

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/>

