

SANTA'S SNACKS



Word has it that soon we will need to leave the front door unlocked because Santa and his wide girth will no longer be able to fit down the chimney! And whispers around the North Pole are hinting that the elves are on the lookout for two extra reindeer because of the increasing weight in the sleigh!

Jolly old Santa has long been loved for his huggable figure but Mrs Claus is not only concerned about sewing larger suits every year, but also worried about his continuing health – after all, every child relies on Santa being around forever.

Of course – it's ridiculous to think that Santa doesn't deserve some treats for all his hard work over Christmas but put yourselves in his shoes – house after house of fizzy and chocolates, lollies and Christmas cake! It's a wonder he has the energy to deliver presents to all the children in the world!

This Christmas have some fun with children who want to leave a Santa snack and see what interesting ideas they can come up with to give Santa lots of energy for the night ahead. And – don't forget the reindeer!!

PS. I've heard that he really likes fresh strawberries and blueberries and wholemeal marmite sandwiches with a glass of trim milk!!



Healthy Nibbles

Nutrition and Physical Activity Information for Children
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For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha