



**Dear parent/guardian**

**Your little cub has been learning about the importance of a healthy, balanced diet and how to make healthier choices around food as part of...**

## **BEAR'S GRRREAT FOOD QUEST**

Making healthy choices about what we eat and how we snack doesn't just get rid of growly tummies. It helps us grow, keeps our bodies fit and well, gives us energy and even makes us happier!

**We hope you enjoy hearing about what your cub has learnt - don't forget to enter our competition to win some grrreat prizes too!**

**BEAR Hugs x**



## A bit about snacking!

**Snacking is often seen in a negative light. But planned healthy snacks can actually play an important role in meeting a child's daily nutritional needs.**

According to the Academy of Nutrition and Dietetics, most children need to eat every **three** to **four** hours throughout the day to meet the needs of their growing, active bodies – **three meals** and **two snacks**.

Snacks should form part of a regular meal routine by offering them between breakfast and lunch and lunch and dinner so that children aren't going longer than about 3 hours without something to eat. It's a good rule of thumb to make one of the two snacks offered per day a piece of fruit to help your kids reach their **5 a day**.

## our products



Some healthy snack choices include:

boiled eggs

seeded toast



cheese or yoghurt

low-sugar dry cereal

fruit



nuts (for those 5 and older)

vegetables



**BEAR makes delicious natural foods** from gently baked fresh fruit, vegetables & wholegrains with **no added nonsense**. BEAR's aim is to make the healthy choice simpler for parents and tasty, fun and more engaging for kids.

We make our fruit snacks the **traditional and simple way**: by dried fruit baking. We only use **100% pure fruit** and **vegetables** and our gentle baking ovens are set to a low temperature, ensuring that all of the fresh fruit and veg goodness stays where it belongs.

1 pack



the same amount of sugar as a medium apple\*

## what makes BEAR different?



### just fruit, just veg

Our ingredients grow on trees or in fields. We use just fruit, just veg and absolutely nothing else. No added nonsense.



### never from concentrates and never extruded.



### gently baked

Our recipes are gently baked at low temperatures to lock in all the natural goodness, never extruded & never from concentrates.



### natural, tasty & fun

Our products are tasty, nutritious and fun, making the healthier choice simpler for families.

Give us a growl if you have any questions: [grrr@bearnibbles.co.uk](mailto:grrr@bearnibbles.co.uk)

\*Data from McCance and Widdowson (coFID 2015) for one medium apple

How to enter the...

## COMPETITION!

**We want you to share your healthy snack moments!**

Use the form on the back of this booklet to create an illustration or share a photograph showing you (or even the whole family) enjoying your healthy BEAR yoyo in an interesting or unusual way.

**it could be...**

**IN A COSTUME!**

**IN AN UNUSUAL PLACE!**

**IN A FANCY POSE!**

**It's up to your imagination!**  
**Don't forget to add a BEARilliant caption.**  
**We're looking for entries that really make BEAR smile...**



You can scan, or take a high-quality photograph of the competition entry form and email it to:

**COMPETITIONS@NATIONALSCHOOLSPARTNERSHIP.COM**

or share it with **@bearnibbles** on Instagram and Facebook.



Make sure they reach us by: **15.06.20**



**Prizes**

**2 lucky winners will get their paws on some grrreat prizes...**

**A PLAY KITCHEN & ACCESSORIES FOR YOUR SCHOOL**



**A MONTH'S SUPPLY OF BEAR YOYOS FOR YOUR CLASS**







Cub's first name: \_\_\_\_\_ Age: \_\_\_\_\_

School name: \_\_\_\_\_

School address: \_\_\_\_\_ Postcode: \_\_\_\_\_

\_\_\_\_\_

Parent/teacher full name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Please scan, or take a high-quality photograph of this page (containing your entry and details) then email it to:

**competitions@nationalschoolpartnership.com**

Or share it with @bearnibbles on Facebook and Instagram.  

