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HANDOUT HEALTHY EATING FOR CHILDREN AGED 0-5 YEARSThey Will Actually Eat. • Offer Meals And Snacks At Regular And Predictable Times. • Ensure That Food Is Safely Prepared For Children To Eat. Choose Healthy Snacks It Is Important To Offer Your Child Healthy Snacks. Offering Small, Planned Snacks Is Much Better Than Allowing Them To Graze All May 1th, 2024

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