

# MERRY CHRISTMAS!

Enjoy your Christmas break but don't forget to look after yourselves, your families and friends.

**C**H**R**I**S**T**M**A**S**—time to care for ourselves and others  
**H**ave great barbeques with safe food  
**R**emember to get some physical activity each day  
**I**s sunscreen on your shopping list? – Slip, Slop, Slap  
**S**moke-free – make a resolution for 2012!  
**T**ake time to relax  
**M**ake the most of fresh summer fruit and vegetables  
**A**lcohol – drink responsibly  
**S**pend quality time with your family and have a great Christmas!!



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## Healthy Nibbles Nutrition Updates for Schools

Date: December 2011

Code/Reference: NUT0007AAL

Authorised by: Nutrition and Physical Activity Team

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha