

€1 OFF
Actimel® 12 pack



€1 OFF
Activia® 4 pack



€1 OFF
Danonino® 8 pack



Top 5 Benefits of Eating Yogurts

1. Helps bones to grow strong

Has protein, calcium and vitamin D which all help to build strong, healthy bones in children.



2. Calcium helps keep your teeth healthy

Has calcium to help keep your teeth healthy. Remember to brush your teeth twice a day to keep your teeth clean and healthy.



3. Gives us good bacteria

Some yogurts contain probiotics which are "good bacteria" that help to strengthen your body's natural defences*.



4. Tastes yummy

Comes in lots of different flavours that you can eat with a spoon or drink from a bottle so your little ones won't get bored!



5. Balanced is best

Helps in meeting the right amount of dairy foods your children should be eating everyday to help your bones and teeth grow healthy and strong.



Calcium, vitamin D and protein are needed for the normal growth and development of bone in children. Calcium is needed for the maintenance of normal teeth.
*Actimel helps strengthen the body's natural defences when consumed daily as part of a healthy diet and lifestyle.

With our range of nutritious and tasty yogurts there's something for everyone in the family.



Danone Actimel® is a delicious probiotic drinking yogurt with exclusive L.Casei cultures and is scientifically proven to help strengthen your natural defences*. Danone Actimel® is available in 12 different flavours and also comes in a fat free range with less than 30 calories per bottle.



Danone Activia® is a delicious fruity yogurt which is available in 21 flavours, so there's bound to be one to tickle your tastebuds.



Danone Danonino® contains Calcium and Vitamin D. Calcium and Vitamin D are needed for the normal growth and development of kids' bones. 2 pots provide 30% of a child's RDA* of Calcium and 25% of your child's RDA of Vitamin D.



Barnardos

Visit: www.barnardos.ie/bigtoddle
for all the latest news on the Big Toddle.

*when consumed daily as part of a healthy diet & lifestyle.

Are you ready for this year's

DANONE
Big Toddle
for Barnardos





DANONE aims to bring health through food and beverages to the greatest number of people.

At DANONE, we are dedicated to good nutrition and doing things in the best interests of our customers, our employees, the planet and society. This is why we have partnered with Barnardos for eight years on the DANONE Big Toddle.

In advance of planning your DANONE BIG TODDLE for BARNARDOS, consider some of the tips from our resident Dietician Martha Cox to keep you, and your toddlers fighting fit for their Toddle.



Top Toddle Tips

Here are a few simple things you can do to help your toddler enjoy a healthy, balanced diet.

- 1 Make breakfast more colourful**
Add some yummy fruit to your breakfast to make it more colourful and fun. Red berries on cereal are yummy!
- 2 Snacking is good**
It's good to have snacks during the day to give you energy. Swap crisps, sweets and biscuits for healthier snacks like fruit, crackers, cheese or yogurt.
- 3 Knowing the Food Pyramid**
This is the best way to make sure you are having a healthy balanced diet. Why not put a picture of the food pyramid up in your kitchen and then you can learn all about what foods you should be eating.
- 4 Getting active in the kitchen**
Help out when your family are preparing meals. This will let you see all the yummy and healthy ingredients that are going into your meals and you might get to taste some of the yummy food before anyone else does.
- 5 Have lots of colourful foods on your plate**
Adding fruit and vegetables to your food is a great way of adding colour to your meal and make it look much nicer.
- 6 Variety is very important**
Try not to have too much of one food, you need lots of different foods to make sure you are having lots of variety and expanding your taste buds.
- 7 Help out doing the shopping**
Trips to the supermarket can be great fun and you can help out with choosing healthy foods for the whole family to enjoy.
- 8 Add some dairy to your lunch box**
Dairy foods have calcium for healthy bones and teeth. Adding some cheese to your sandwich or bringing a yogurt with you, or having a glass of milk with your lunch are all great ways of having some extra dairy.
- 9 Throw out the frying pan**
No more greasy food – use healthier methods for cooking your food such as grilling, steaming or baking.
- 10 Drink lots of fluid – up to 6 cups per day**
Your body needs lots of fluid to work properly and you don't just have to drink water, you can have diluted fruit juice and milk too.

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