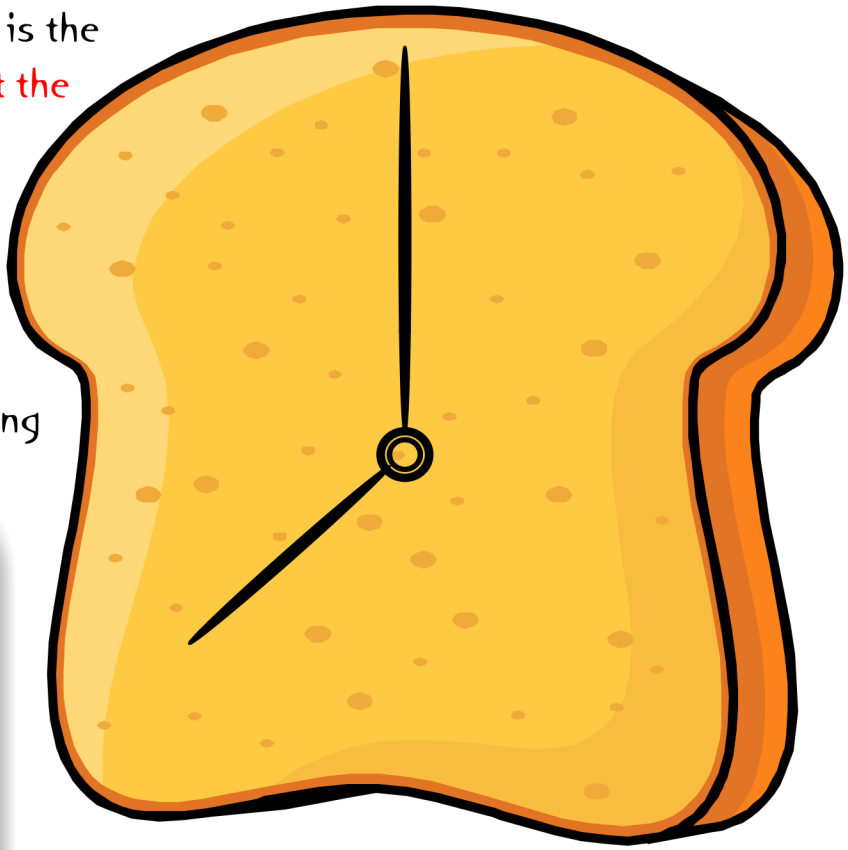
OFF THE CLOCK.

You've probably heard that breakfast is the most important meal of the day. But the clock can't always tell you exactly WHEN it's time for breakfast! You might prefer to eat at home, before starting your day. Or you might like to eat when you get to work or school. Or you might not eat anything



until mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts. What foods are part of a healthy breakfast? Cereals, bread, waffles, and other grain products that are rich in whole grains. Lean protein like eggs, lean meat, and nuts. Low-fat dairy, including milk and yogurt. And, of course, all fruits and veggies!

the big number

44

Just 44% of Americans say they eat breakfast every day, and 168 million of us skip breakfast at least once a week.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "OFF THE CLOCK"

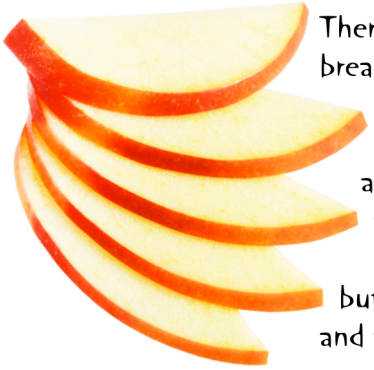
EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

NUTS

Nuts? For breakfast?! Sure! Chopped walnuts, slivered almonds, and other nuts are a great way to add crunch, protein, and good nutrition to breakfast favorites like oatmeal and yogurt. Or just grab a handful for a tasty and satisfying start to your morning!

PLAY HARDER



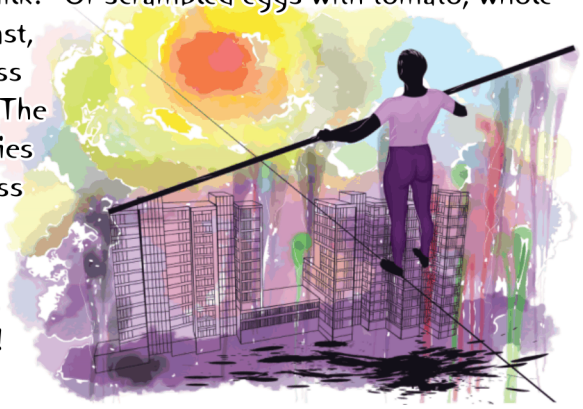
There are plenty of good breakfast ideas that can work well for the athletes and workout enthusiasts among us. Try this one: apple slices with peanut butter, a slice of lightly buttered whole grain toast, and a cold glass of milk.

LEARN EASIER

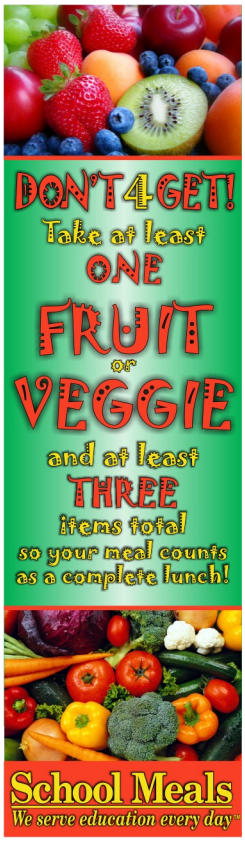
When kids wake up in the morning, they've gone 10 or more hours without nourishment. They need to restock their fuel – both physically and mentally – if they're going to learn well. So make sure they're feeding the furnace – whether at home, at school, or both!

LIVE HEALTHIER

You should get about a quarter of your daily calories from breakfast (that's about 500-700 for most people), and the absolute key to a good breakfast is BALANCE. How about a whole-wheat English muffin with egg and ham, calcium-fortified OJ, and a banana? Or whole-grain cereal or oatmeal with fresh fruit and low-fat milk? Or scrambled eggs with tomato, whole wheat toast, and a glass of milk? The possibilities are endless – not to mention endlessly delicious!



Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. Our breakfasts feature whole grains and fruit making them a great choice for families looking for a healthy morning meal for their kids!



This newsletter is provided as a wellness resource by our school system's School Meals Program