

September

Building Healthy Schools & Communities



# Breakfast First!

## Breakfast = Success!

Children need breakfast to jump-start their day. Breakfast keeps children on target for meeting their nutrient needs and for being ready to learn. Some families are too busy in the morning to sit down to a balanced breakfast. If that is the case in your house, give school breakfast a try! School breakfast provides at least ¼ of your child's daily nutritional needs.



### Research shows that eating breakfast may:

- Decrease behavior problems
- Improve achievement on tests
- Decrease absences from school
- Help students meet dietary needs



## Quick & Healthy Breakfasts

The mornings can be a busy time, but that's no excuse to miss breakfast! These balanced breakfasts take less than 3 minutes to make. A balanced breakfast should include at least three of the five food groups - grains, fruits, vegetables, low-fat dairy and lean meat.

- Wheat toast, yogurt, apple
- Cold cereal, milk, banana
- Orange wedges, crackers, cheese
- Instant oatmeal, canned peaches, milk
- Baby carrots, bagel, cheese stick
- Ham & cheese sandwich, glass of milk
- Peanut butter, toasted English muffin, glass of milk
- Low-sugar cereals mixed with nuts and dried fruit

Even on the busiest mornings, stress the importance of a balanced breakfast with your child. Remember that you are a role model. Set a good example to your children, eat breakfast yourself.

### Family Meals Promote Healthy Eating -

According to Meals Matter, family meals can serve as a time to strengthen family ties and also lead to better physical and mental health for children. Whether it is breakfast, lunch or dinner, commit to eating meals together as a family and celebrate Family Day: A Day to Eat Dinner with Your Children™ on September 28<sup>th</sup>. To learn more about family meals and Family Day, visit <http://casafamilyday.org/familyday/>

### Does your child(ren) qualify for a free or reduced price lunch and breakfast?

More and more families are being impacted by the current economic condition. As a result, more families may now be eligible to receive a free or reduced price school lunch and breakfast. If you are interested in learning more about the free/reduced price program and whether or not your family would qualify for the 2009-2010 school year, contact the cafeteria manager at your child's school.



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