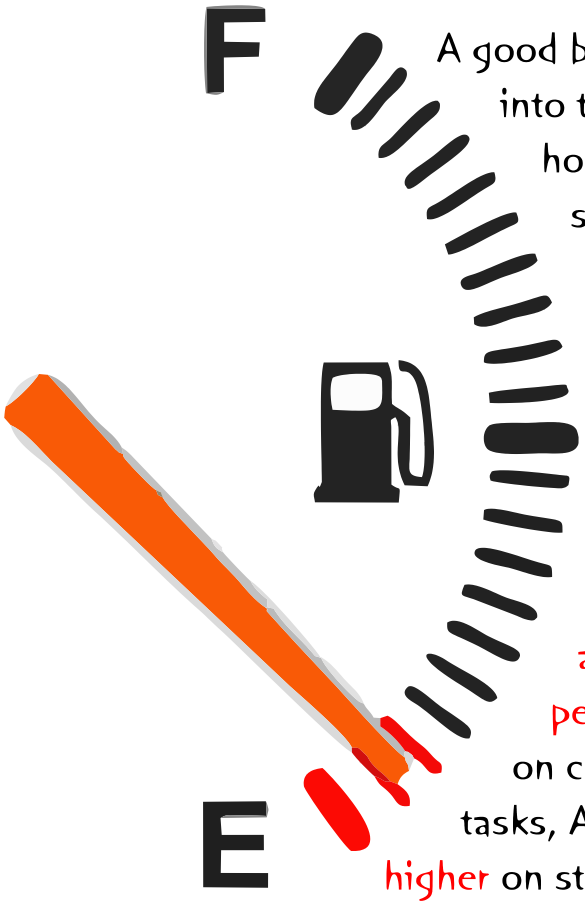
RUNNING ON EMPTY?



A good breakfast gives all of us the fuel we need to accelerate into the day and excel all morning long! But modern households are hectic places in the morning, and sometimes it's tough just to get up and out the door, much less eat a good breakfast. So lots of kids start the day on an empty tank. And that's not good. Breakfast has been proven to boost kids' ability to learn AND their physical and mental health. Kids who eat a good breakfast participate more in class, behave better, pay more attention, perform better on classroom tasks, AND score higher on standardized tests. So if kids eat a good breakfast at home, that's great. But don't forget that many school nutrition programs offer the option of breakfast, too. A healthy breakfast includes whole grains and fresh fruit, and next school year, we'll be serving up even more of these items when the new School Breakfast guidelines take effect.

the big number

34

34% of kids at one high school without a school breakfast program reported that they usually ate nothing at all for breakfast.

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

WELLNESS IS A WAY OF LIFE!™

This newsletter is a wellness resource by the SBLC Food, Nutrition and Wellness Program.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "RUNNING ON EMPTY"

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!

PINEAPPLE



Pineapples make a sweet and juicy breakfast treat, alone or with berries and melon in a fruit salad. They're nutritious, too -- a cup of pineapple provides 100% of your daily vitamin C and manganese (an important mineral), as well as 2.3 grams of fiber, and all for just 82 calories.

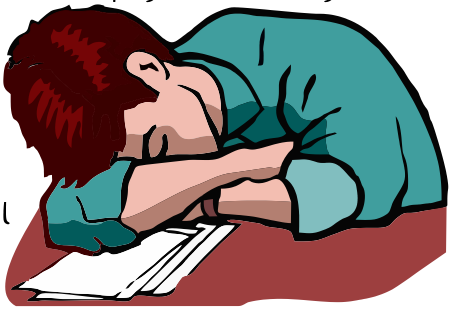
LEARN EASIER



WHEN kids eat breakfast is important, too. Studies have shown that students learn best when they eat as close as possible to the time their classes start. So even if kids eat a little something at home, they can benefit from grabbing breakfast at school.

PLAY HARDER

Want to play harder? Then make sure you EAT BREAKFAST! Poor diet and physical inactivity are connected, and skipping breakfast, particularly, has been linked to higher rates of obesity and physical inactivity, as well as chronic disease.



LIVE HEALTHIER

We always associate fruit with breakfast, but getting veggies into the morning meal might seem more difficult. Well, how about an occasional omelette? A couple of eggs, a little cheese, some chopped ham . . . and then onion, tomatoes, mushrooms, red peppers, spinach, broccoli -- the possibilities are endless!



At the beginning of this school year, we put into place the new USDA regulations for school lunches, and throughout the year, we've been using the menu and this newsletter to tell you more about the new regulations and what we're doing for your kids. This issue of the newsletter is a sneak peak at the new guidelines for School Breakfast, coming next year!



DON'T 4GET!
Take at least ONE FRUIT or VEGGIE
and at least THREE items total so your meal counts as a complete lunch!

School Meals
We serve education every day™

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