HABIT FORMING.

Lots of things that are bad for you are habit-forming, but so are some good things. Eating breakfast, for instance. Research has shown that kids who eat a good breakfast most days when they're young are more likely to keep doing so as teens and adults. So how do kids get in the breakfast habit? Establish a routine, even if it means eating the same favorite meal nearly every day. Keep it simple. Breakfast is the one meal that doesn't necessarily require a lot of preparation or cooking: if you've got a whole grain bagel or cereal, a banana, and a glass of OJ, you've got a healthy, filling breakfast. And make the time. You'll be less hungry, more energetic, and less grouchy if you take 5 or 10 minutes to eat well in the morning. At home or at school, make sure you start a breakfast habit!



the big number

31

Among Americans who eat breakfast regularly, 31% reported that they eat cold breakfast cereal nearly every day.

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

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider and employer.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"HABIT FORMING"

EAT BETTER

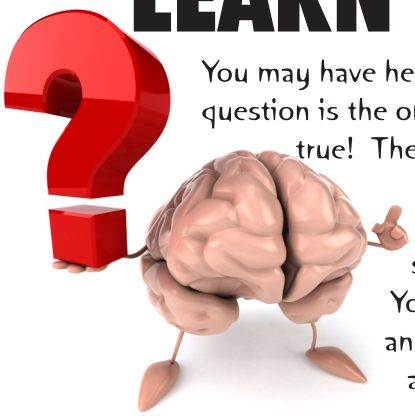
Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

ACORN SQUASH

Acorn Squash was likely on the table at the very first Thanksgiving. This sweet, versatile squash can be baked, steamed, sauteed, or microwaved and is often served stuffed with some combination of meat, rice, and vegetables. It's high in fiber and potassium.



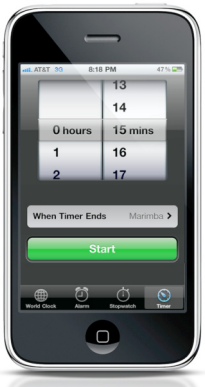
LEARN EASIER



You may have heard that the only bad question is the one not asked. And it's true! The simplest way to build brain power and keep learning is to never stop asking questions! You'll make yourself -- and the person doing the answering -- smarter!

LIVE HEALTHIER

Do your health a favor this Thanksgiving. Fill your plate with a quarter turkey, a quarter starch, and half veggies (mostly without gooey sauces). When you finish, set the timer on your phone for 15 minutes. Wait until the timer goes off to go back for seconds. You might even find that, given time to digest the first round, you're too full for more!



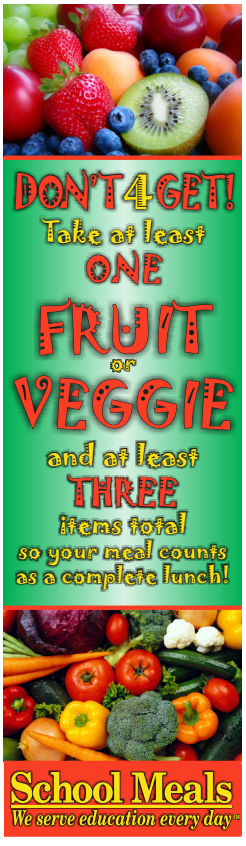
PLAY HARDER



Want to make room for a few hundred extra Thanksgiving calories? Instead of watching football all day on TV, get your family outside for a friendly game of touch football! Our 35th president, John F. Kennedy, loved to play touch football with his extended family. Kennedy, pictured here in a family football game, died 50 years ago this month -- why not have a game of touch this Thanksgiving in memory of JFK?



Over the last two school years, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter this year to keep you posted on these changes!



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