GOOD MORNINGS.

Some words describe reality perfectly. "Breakfast," for instance. Consider this: a child might go 14 hours between dinner and breakfast. That's more than half a day without any nourishment! And research shows that when kids "break" their long "fast" with a healthy morning meal, they pay better attention in school. They also behave better,



participate more, perform better in the classroom, and even score higher on standardized tests. That's why it's crucial to "break that fast" the right way, with whole grains, fresh fruit and veggies, wholesome dairy foods, and lean protein. Make all your mornings good mornings by starting with a healthy breakfast!

the big number

30

By the time kids reach adolescence, as many as 30% -- nearly one of every three kids -- skip breakfast on an average day.

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

WELLNESS IS A WAY OF LIFE!™

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

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL! "GOOD MORNINGS"

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!

FIGS

A lot of us have probably never seen, let alone eaten, a fresh fig, but there's a reason why fig newtons and dried figs are often eaten by endurance athletes -- they're super sweet and packed with energy. Dried figs are also a concentrated source of fiber and loads of healthful anti-oxidants and other nutrients.



LEARN EASIER

Learning -- and practicing -- a new skill makes learning in general more efficient. One study found that learning to juggle bulked up the area in the brain that specializes in visual memory -- and the increased ability translated to other visual tasks, too!



PLAY HARDER



Don't forget protein in your breakfast to help build muscle! Eggs are a great source of protein, and other good options in the morning are dairy and soy products, peanut butter, whole grain bread, and lean ham.

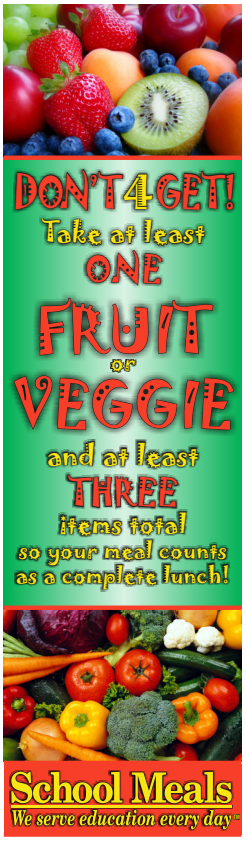
LIVE HEALTHIER



You can combine an entire healthy breakfast in a single dish -- or glass, rather! -- by slurping down a delicious smoothie. Anything goes -- berries, bananas, spinach, nuts or nut butter, flax or sesame seeds, low-fat cow's milk, soy milk, or almond milk, yogurt, fresh ginger, vanilla extract -- you're limited only by your imagination, your tastes, and the horsepower of your mixer!



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!



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