



Make It Breakfast First!

It's True! Kids Need Breakfast to Jumpstart Their Day!

Breakfast builds better bodies, provides fuel for school and boosts brain power! Research shows that when children eat breakfast:

- They are more likely to get the nutrients they need to get through the morning.
- They have higher test scores, miss less school and are tardy less often.
- It's easier for them to focus, concentrate, solve problems and learn.
- It's easier for them to behave in the classroom.

Four Tips for Making Breakfast a Habit

A nutritious breakfast provides one-fourth of a child's daily nutrient needs. Children who skip breakfast seldom make up for the nutrients they missed out on later in the day. Make breakfast part of your household's morning routine by following these four steps:

- 1. Be a role model.** If you want your child to eat breakfast, eat breakfast yourself!
- 2. Keep breakfast foods on hand.** Have at least two easy-to-serve items from each food group. For more information check out the Breakfast in a Hurry Ideas below.
- 3. Make it easy.** Keep breakfast foods highly visible and in convenient spots for kids to grab.
- 4. Encourage School Breakfast.** If your kids don't have time to eat at home or aren't hungry when they leave in the morning, encourage them to eat School Breakfast.

Breakfast in a Hurry Ideas

A nutritious breakfast includes at least three of the Five Food Groups. These nutritious breakfasts take less than 3 minutes to prepare so they're perfect for busy mornings!

- Peanut butter, toasted English muffin, glass of milk
- Cold cereal, milk, banana
- Heated leftover cheese pizza
- Orange wedges, crackers, cheese
- Wheat toast, yogurt, apple
- Ham & cheese sandwich, glass of chocolate milk
- Heated leftover macaroni & cheese, apple
- Instant oatmeal, canned peaches, milk
- Baby carrots, bagel, mozzarella cheese stick
- Tomato soup made with milk, crackers

Moms Move at Super Speed



A nationwide "Hectic Breakfast Survey"

found that mothers are superheroes every morning! According to the survey, moms average a staggering 6.3 different tasks within an average breakfast time of 9.3 minutes. In addition to making breakfast:

- 75 percent of moms help with backpacks and school books
- 62 percent help with hair brushing
- 48 percent help with packing lunches

Even on the busiest days, stress the importance of breakfast so that children establish the habit of fueling up with a healthy breakfast in the morning.