

School Health Promotion Newsletter Articles

SEPTEMBER: Healthy Breakfast



Very Short:

- Boost your child's brain and body with a healthy breakfast every morning. Need an idea? Here's a quick recipe: Spread low-fat cream cheese on a whole-grain toasted bagel and top with sliced strawberries. **[Only for schools that offer in-school breakfast:** Breakfast is also available every morning in the school cafeteria!]

Visit choosemyplate.gov for more tips.

Short:

Boost your child's brain and body with a healthy breakfast every morning. Short on time? Try these healthy, on-the-go recipes:

- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.

[Only for schools that offer in-school breakfast: Did you know? Healthy breakfasts are also available in the cafeteria each morning.]

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Long:

Breakfast gives your kids the refueling they need after a long night without food. (It is called *break-fast*, after all!) Skip the first meal of the day, and children can feel tired, restless or irritable and be more prone to snack on high calorie foods. The benefits of a healthy breakfast include:

- Thinking better
- Staying focused
- Having more energy to get work done
- Playing safer

In short, students do better in school! Please join us in promoting your student's success by giving your child a healthy breakfast. Here are some quick and healthy breakfast ideas:

- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make instant oatmeal with fat-free or low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Top a toaster waffle with fat-free or low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Layer fat-free or low-fat plain yogurt with your favorite crunchy cereal and blueberries

[Only for schools that offer in-school breakfast: If you are short on time, healthy breakfasts are available in the cafeteria each morning, too.]

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