Fairfax County School Health Promotion September/October Newsletter Articles

Jump Start Your Day with a Healthy Breakfast

Newsletter and/or KIT

Are your students skipping breakfast in the morning? Did you know... a healthy breakfast improves their attention in class, keeps them feeling full longer and helps boost their grades? It is important they start their day with a healthy breakfast that includes whole grains, fiber and protein. Short on time? Give their body the energy it needs with a quick granola bar or some fresh fruit!

Healthy Breakfast Ideas:

- Yogurt with Granola
- Fruit and Cheese
- Peanut Butter Waffle
- Fruit Smoothie
- Egg Sandwich
- Oatmeal with Fruit

Watch our video that shows more great breakfast ideas including what FCPS offers in schools: <u>https://www.facebook.com/fairfaxcountyhealth/videos/518459651931019/</u>

References:

https://www.healthychildren.org/English/healthy-living/nutrition/Pages/The-Case-for-Eating-Breakfast.aspx

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