

# 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:

<https://www.facebook.com/fairfaxcountyhealth/videos/518459651931019/>

### References:

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

### Hashtag:

#ffxhealthykids

