



Eat Smart.
Play Hard.™

Why Breakfast?

- ▲ Kids do better in school and are more alert when they eat breakfast.
- ▲ It lets kids be more creative and perform better with increased attention span and memory.
- ▲ Kids feel good and complain less of headaches and stomachaches from being hungry.
- ▲ Kids who eat breakfast miss fewer days and are late less often.
- ▲ It improves kids' behavior and attitude.
- ▲ Breakfast provides nutrients kids need to grow and develop.



Power BREAKFAST

Ideas

Rice Pudding

Mix leftover rice, low-fat yogurt, dried fruit, nuts, and cinnamon.

Fruit Salad

Mix fruit with low-fat yogurt or cottage cheese.

Pita Pizza

Fill pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in microwave.

Hot Fruit

Top canned or fresh fruit with brown sugar and nuts. Heat in oven or microwave.

Hot Cereal

Use quick-cooking oats and add dried or fresh fruit, nuts, and brown sugar, or add low-fat cheese or soft margarine to grits instead of butter.

Egg Burrito

Fill a soft flour tortilla with scrambled eggs, boiled potato, refried beans, or salsa.

Waffles, Pancakes, French Toast

Try ready-made items that can be toasted or microwaved.

Sandwich Roll-up

Try peanut butter and banana or jelly on a flour tortilla.



Power Up With Breakfast



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Breakfast gives you energy to grow, go, and glow.

A healthy breakfast is important for everyone, especially for growing children. Eat breakfast with kids to start a lifelong healthy habit.

No time for breakfast?

Pack it to go or let kids take part in the School Breakfast Program.



BREAKFAST Gives a Head Start To Your Day!



Plan—To set out bowls and cereals the night before to make the morning meal quick and easy. Keep sliced fruit or hard-cooked eggs in the refrigerator.

Prepare—To feed kids on the go. Keep 100% juice, dried or fresh fruit, low-fat yogurt, bagels, or breakfast bars handy. Kids can grab these as they rush out the door.

Make breakfast a habit!

Dare—Kids to try something different like a burrito or other leftovers, such as a stuffed baked potato or pizza.

Change the pace—Have a breakfast picnic on the weekend. Celebrate a special occasion with breakfast instead of dinner. Eat breakfast at school with your kids.

Start the Day Right With BREAKFAST!

BE A ROLE MODEL!

You play an important role in making sure that you and your kids eat a healthy breakfast every day.

List some foods that you and your family will try for breakfast.

For more information on these topics or other programs visit our Web site at:
www.fns.usda.gov



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