



Fact Sheet



Start the Day with Breakfast!

WHY IS BREAKFAST SO IMPORTANT?

Relate your body to a car. When you sleep it is as if you went on a long drive and you are out of gas. You have to fuel up before you hit the road!

Breakfast is equally important for children as it is for adults. Children who eat breakfast do better in school. They are also less likely to be overweight. Take advantage of the school breakfast if it is available for your child. Sitting down to breakfast as a family gives family members some quality time together and can provide good communication. It will help you to know what is going on in each others day. Remember that the best way children learn is by example, example, and example! The example you set is the one they will most follow. The food habits that children develop are the food habits they will take with them into adulthood. Let your children see and know that eating breakfast is important!

MAKING TIME FOR BREAKFAST

Good planning is the key to avoiding chaos in the mornings. Children can help with this. Before going to bed, set the table for

breakfast. Put out plates, bowls, flatware, glasses, and bread on the table. In the morning, all you may have to do is put toast in the toaster, or put cereal in the bowls and add milk or fruit.

your favorite chopped nuts. Then freeze them individually in sandwich bags. Pop them in the microwave for one minute and enjoy with milk for juice.

The food habits that children develop are the food habits they will take with them into adulthood. Let your children see and know that eating breakfast is important!

FAST BREAKFAST IDEAS

- Whole grain bagel, English muffin, or toast topped with peanut butter and a glass of milk
- Whole grain bagel, English muffin, or toast topped with melted cheese and a glass of orange juice
- Cereal with milk and fruit
- Instant grits with a glass of milk for orange juice
- Instant oatmeal made with milk and raisins
- Hard boiled eggs (you can make these the day before and keep them in the shell in the refrigerator) with some toast and milk or juice
- Make muffins with a mix, but add lots of frozen berries and

