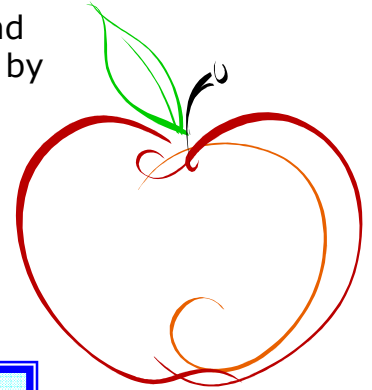


Start the Day with BREAKFAST

It is often difficult for parents to get their kids ready for school and prepare a healthy breakfast at the same time. Solve this problem by letting kids eat breakfast at school. In keeping with USDA requirements, school breakfast provides 25% of the Recommended Daily Allowance for protein, calcium, iron, vitamin A, vitamin C, and calories.



Why is it important for your children to eat breakfast?

Research shows that kids who eat a healthy breakfast

- 🍎 Perform better in school
- 🍎 Have fewer health issues
- 🍎 Behave better at school

Research also shows that kids who skip breakfast rarely make up for missed nutrients later in the day

March 5th -9th is annual National School Breakfast Week. It is a celebration of the School Breakfast Program and reminds us of the importance of eating a healthy breakfast. Students who eat breakfast perform better in school. A healthy breakfast should include some of the following items:



- 🍎 Milk
- 🍎 Fruits, 100% juice or vegetable
- 🍎 Breads or other whole grains
- 🍎 Meat or other proteins

Sources:

<http://www.schoolnutrition.org/Index.aspx?id=2319>

<http://docs.schoolnutrition.org/meetingsandevents/nsbw2007/brochure.pdf>



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Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.