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Week 5 Mar. 2-6

Breakfast Makes a Difference

DID YOU KNOW?

On Any Given Day, Almost Half Of Children (Or Your Friends) Come To School Without Breakfast?

- *Reasons for children skipping breakfast may vary, but often times it's because there isn't enough time to eat before leaving for school.
- *If you don't have time to eat breakfast at home, check if your school offers breakfast. Or
- *Talk to your parents about devising a plan for you to make time for breakfast every day!
- *Some children eat breakfast on the go. Easy grab and go ideas include: string cheese, banana, and granola bar; or a hard-boiled egg, apple and yogurt; or a peanut butter and jelly sandwich and orange juice.
- *This week is National School Breakfast Week and the theme is *Power Up with School breakfast*. Check out the website at:
www.schoolbreakfast.org Are you a School Breakfast Superhero? Have some fun completing this survey to determine if you are a Superhero? Go to the following link:
http://schoolbreakfast.org/hallofheroes/yogurt/are_you_a_breakfast_hero.pdf
- *Can you give a friend that doesn't currently eat breakfast, a couple good reasons to start eating it?

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