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Week 5 Mar. 1-5

Fruits & Vegetables Make a Difference

DID YOU KNOW?

A Healthy breakfast does not have to take a lot of time?

By sticking to the basics, breakfast can be nutritious, quick and simple.

- Instant oatmeal is great on a cold morning and contains fiber and vitamins. Choose oatmeal that isn't already pre-sweetened. Instead, sweeten it with dried, canned, or fresh fruit.
- Don't have time to eat breakfast at home? Keep whole-grain mini bagels, nuts and fruits on hand to enjoy for a grab and go breakfast. Apple slices and bananas and dried fruits are great as they are not too messy.
- For a quick and easy breakfast, pour milk over a bowl of whole-grain cereal, and try adding sliced bananas or blueberries for a sweet and energizing meal.

<http://www.healthiergeneration.org/parents.aspx?id=1602>