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Week 6 Mar. 8-12

Fruits & Vegetables Make a Difference

DID YOU KNOW?

This week is National School Breakfast week?

- Eating breakfast helps you to focus on your school work and do better in school without being distracted by a growling stomach or headaches from being hungry.
- Eating breakfast gives you energy to keep your mind and body strong and healthy, helping you concentrate better and giving you energy to play with your friends.
- Studies show kids who eat school breakfast eat a healthier diet, including more fruits and vegetables.

How does school breakfast help you be ready for the day? Students have the opportunity to illustrate their answer by entering this year's drawing contest, <http://emporium.schoolnutrition.org/home.php?cat=277>

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