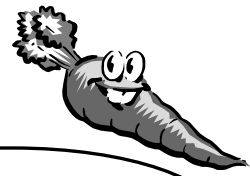
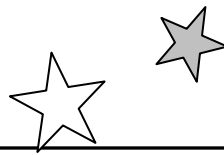


# SEPTEMBER



## Building a Healthier WSD

### Breakfast = Success!

Kids need breakfast to jump-start their day. Breakfast keeps kids on target for meeting their nutrient needs and for being ready to learn.

Be sure to start the day off the right way with a healthy, balanced, breakfast!

**Did you know?** The WISE SNAC needs assessment found that 21% of Wissahickon students, grades 3 to 5, reported that they do not eat breakfast everyday.

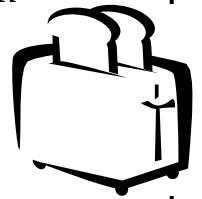
Wissahickon students also reported that breakfast is often a rushed meal. If that's the case in your house, try an easy, "grab and go" breakfast, such as a piece of fruit or granola bar. Or check to see if your school has a breakfast program, and give it a try!

[www.npchf.org](http://www.npchf.org)

### Quick & Healthy Breakfasts

These breakfasts take less than 3 minutes to make and include at least three of the Five Food Groups - Grains, Fruits, Vegetables, Dairy, and Meat.

- Peanut butter, toasted English muffin, glass of milk
- Cold cereal, milk, banana
- Heated leftover cheese pizza (1 slice)
- Orange wedges, crackers, cheese
- Wheat toast, yogurt, apple
- Ham & cheese sandwich, glass of chocolate milk
- Instant oatmeal, canned peaches, milk
- Baby carrots, bagel, mozzarella cheese stick
- Tomato soup made with milk, crackers



Even on the busiest days, stress the importance of breakfast with your kids. Remember that you are a role model. If you want your child to eat breakfast, eat it yourself!



Visit these Internet web sites for more information on breakfast:  
<http://www.nutritionexplorations.org/parents/school-breakfast.asp>  
<http://www.nutritionexplorations.org/parents/breakfast-first.asp>



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