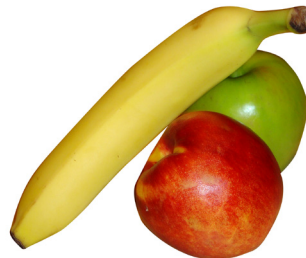


Start the Day with Breakfast

Why is breakfast important?

- Helps children do better in school
- Gives you energy to stay active
- Gives you nutrients to stay healthy

No time to make breakfast? Try one of these healthy foods for a quick breakfast on the run.



I keep my family's favorite crunchy cereal in small baggies. It makes a great breakfast on the go.



My children love a peanut butter and jelly wrap in the morning, and they can make their own.

Yogurt with crunchy cereal on top is a favorite at our house.

Breakfast is an easy time to get more fiber in our diets. My kids love whole grain toast for breakfast!

