



School Announcements

School Announcement 1:

Did you know that there are many reasons to eat a healthy breakfast?

Breakfast...

1. Strengthens your brain
2. Helps you make good grades in school
3. Helps you to be in a good mood
4. Lets you try new foods
5. Helps you build good eating habits
6. Keeps you healthy
7. Gives you energy

Find out for yourself if breakfast is really brain fuel. Eat breakfast!

School Announcement 2:

To get through the day, breakfast is the way.

You wouldn't expect to drive a car without fuel would you?

Will a car run farther on a full tank of fuel or $\frac{1}{4}$ tank?

- A sugary breakfast (such as pastries, candy, and sugary soda) = $\frac{1}{4}$ tank of fuel
- A protein and fat-based breakfast (such as eggs and bacon) = $\frac{1}{2}$ tank of fuel
- A complete balanced breakfast (including a whole grain, protein, fruit and low fat milk) = A full tank of fuel

Give your brain and body the fuel it needs with a healthy breakfast!

School Announcement 3:

A good breakfast = a good day

The old saying is true. Breakfast is the most important meal of the day!

- It is a great way to start out the day.
- Breakfast not only helps you wake up, but it also fuels your body and brain.
- Breakfast gives you energy.

Eat a healthy breakfast every day.

If you don't have time to eat breakfast at home, try eating breakfast at school. Breakfast is Brain Fuel!

School Announcement 4:

Start your day with breakfast!

What is a good breakfast?

- One that offers a choice of a whole grain, protein, fruit and low fat dairy.
- Try to include as many food groups as you can for a healthy, balanced breakfast.
- Be creative. Choose foods that you like to eat.

Breakfast can be nutritious and delicious. Breakfast is Brain Fuel!

School Announcement 5:

Eggs, grits, oatmeal, whole wheat pancakes, whole grain toast and cereal, low fat yogurt and milk, fresh fruit, 100% juice...

Did you skip breakfast?

Is your stomach growling? Getting hungry yet?

You can start getting breakfast at school. The food is healthy and nutritious, and it tastes good, too. Breakfast is Brain Fuel!

