**Breakfast: Why it’s important**

Breakfast has been shown to be essential to setting kids up for a great day. Children who eat breakfast are able to focus on learning not their rumbling stomachs. Kids who eat breakfast are known to have better self-esteem, healthier weights and more positive interactions with peers and teachers. Simply put *“Good food = Good thinking”.*

**What does a well balanced breakfast look like?**

Try to include 3 of the 4 food groups in Canadas Food Guide when eating breakfast. This includes: vegetables or fruit, whole grain, meat or alternative and milk or alternative. Breakfast is also a great opportunity to get a dose of fiber found in whole grains and whole fruits and vegetables.

*Swap juice for whole fruit*

Eating a piece of whole fruit is just as satisfying and convenient as juice with bonus health benefits! Whole fruit packs a punch with tons of vitamins and minerals, fiber and less of the easily absorbed sugar that juice contains.

**Beating the AM time crunch**

Planning ahead will help keep mornings on track.

* Make sure that school work and school bags are ready to go the night before
* Have the kids set the table for breakfast after supper
* Make breakfast the night before (Try the recipe below!)
* Keep breakfast items in kid-friendly containers so they can help themselves
* Keep quick and easy options on hand: individual yogurts, fruit, cheese, whole grain dry cereals
* Know what your school offers for a breakfast program

**Overnight Apple Pie Oatmeal**

Ingredients

¾ cup Plain 1% yogurt

¼ cup Milk

1 tsp pure maple syrup

½ tsp Vanilla

¼ tsp Ground cinnamon

1 Apple, cored and finely diced

½ cup large flake oats

Directions

1. In a bowl, whisk together yogurt, milk, maple syrup, vanilla and cinnamon.

2. Stir in apple and oats until well combined.

3. Cover and refrigerate overnight.

Recipe provided by UnlockFood.ca

Resources used:

[www.DietitiansOfCanada.ca](http://www.DietitiansOfCanada.ca)

[www.UnlockFood.ca](http://www.UnlockFood.ca)

[www.NourishNS.ca](http://www.NourishNS.ca)

Nourishing Minds NB

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Healthy Learners in Schools Program