



Breakfast Time!

- Eat at home, eat at school or pack a banana and bagel to eat on the way. The important thing is to “just eat breakfast”.
- Set a good example by eating breakfast with your child. Parents benefit too when they eat in the morning.
- If kids are not hungry right away, suggest they pack a breakfast or wait and eat at school.
- Involve your child. Make breakfast fun by planning the menu with your child the night before. In the morning, work together to get breakfast on the table.
- For busy morning, stock easy-to-grab foods. Yogurt, string cheese, bananas, apples, 100% juice boxes, breakfast bars and whole wheat toaster waffles are a few healthy options.

SANTA ANA YOUTH WELLNESS

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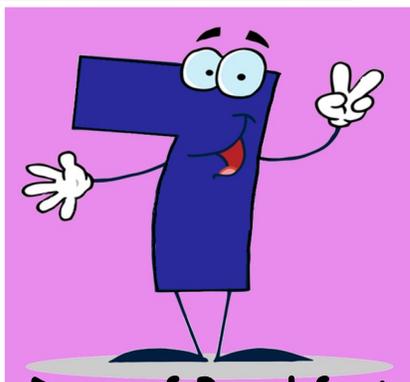
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1. Begin the day by serving a fruit, vegetable or glass of 100% juice at breakfast
2. Schools lunches offer fruits and vegetables everyday. Kids who eat at school are more likely to get enough.
3. If you pack your child's lunch, make sure there is an easy to eat fruit or vegetable included. Examples include baby carrots, grapes, bananas, celery sticks or applesauce.
4. Offer cut up fruits & vegetables for after school snacks.
5. Plant a garden with your child. Your child will be excited to taste the fresh produce that he or she helped grow.
6. Make smoothies & freezer pops by blending fruits such as bananas, berries & light canned fruits.

An Hour-A-Day for Active Play

Kids who move their bodies each day are more physically fit, have stronger bones & muscles, are more energetic, & even do better in school.

- Walk to the store
- Play basketball
- Teach your child to jump rope
- Put on some music & dance
- Hike & explore
- Ride bikes together



**Days of Breakfast
a week to keep you
healthy & strong!!!**



Pizza is breakfast too!