Boost Your Brainpower with Breakfast

For: Benny Breakfast-Eater
Concentrates well in class A+
Works fast A+
Gets along with friends A+
Attendance A+
Eats a nutritious morning meal every day that includes at least THREE out of the FIVE food

For: Buddy Breakfast-Skipper
Concentrates well in class A-
Works fast A-
Gets along with friends A-
Attendance A-
He usually skips his morning meal and does not fuel himself! He is

BREAKFAST... Toasted English muffin with peanut butter, and a glass of low fat milk...
Cereal and fat milk with a banana...
Yogurt, apple, and a slice of whole wheat toast...
Oatmeal, canned peaches, and low fat milk

Dear Parents,
By eating breakfast with your children, you are not only helping yourself, but you are also being a positive role model. Even if you do not feel hungry, start with

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.