

Examples of balanced breakfasts

Two flour tortillas with honey
A cup of tomato juice
A pint of low-fat milk

One egg
Slice of bread with butter
A cup of apple juice
A pint of low-fat milk

Steamed rice or cereal
with raisins (3/4 cup)
A cup of apple juice
A pint of low-fat milk

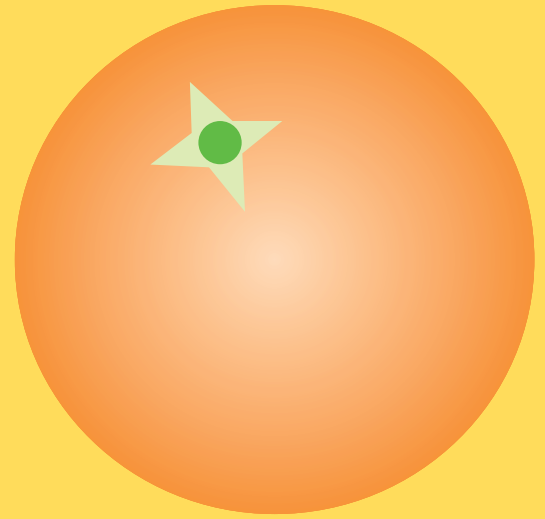
Teach your children the importance of breakfast:

- * Take them to the market with you and pick out a new juice or fruit to try each week.
- * Keep more juices in the refrigerator at home, instead of sodas.
- * On weekends, let your children help prepare breakfast.
- * Offer cafeteria staff suggestions on what to serve.

Healthy food, healthy bodies, healthy minds. A balanced breakfast provides 25% of the total nutrition your child needs each day! A healthy breakfast also helps to keep your children healthy and able to do their best in school.



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Breakfast = Brain Power



A good breakfast jump-starts a day of learning...

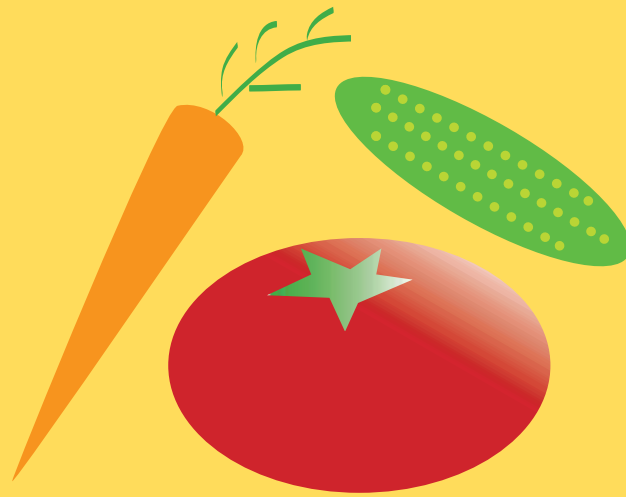
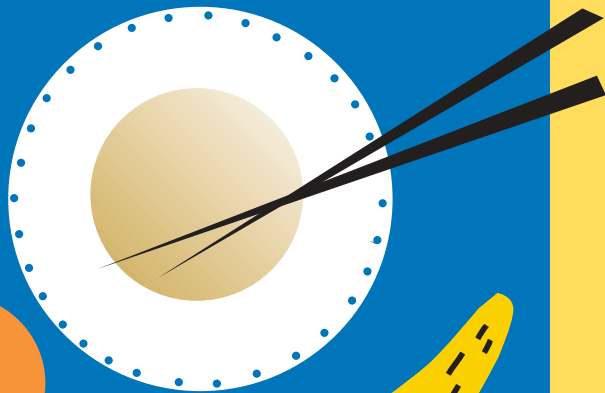
Breakfast gives children the burst of morning energy they need to start the school day right.

It's a fact: Children who eat a balanced breakfast miss fewer classes, get more out of school, and earn higher grades.

A good meal in the morning feeds the body and mind all day long.

How can you make sure your child eats right every morning?

The School Breakfast Program



Ask about free school breakfasts!

Most schools now offer breakfasts to make sure each student starts the day off right. Breakfast at school will save you time and money!

Many children are able to receive free meals through the School Breakfast Program.

To **sign up**, speak with the school's secretary, or your child's teacher.

For more information, or if your child's school does not offer the program, call **California Food Policy Advocates** at

1 415-777-4422.

The School Breakfast Program!

Food for Hungry Minds