

## **“Breakfast” our Brain Food**

Breakfast has been proven to be one of the most important meals of the day. Children who start their day with a full belly will be hungry to learn and not hungry for food. As families prepare for the return to school, it's important to get back into the routine of having a healthy well balanced breakfast. Try to include 3 out of the 4 food groups in your breakfast. This could be a slice of whole grain toast, piece of cheese and fruit or quick oatmeal with berries and yogurt.

### **Big Benefits of Breakfast:**

- Increase in academic performance
- Better concentration and behavior
- Increase self-esteem and self-confidence which leads to positive interactions with peers and adults
- Better attitude towards school and learning
- More vitamin and mineral intake
- Healthy weights

### **Tips in prepping breakfast ahead to avoid the morning rush:**

- Make porridge ahead of time and refrigerate portions. Reheat and add fruit, seeds, and yogurt in the morning
- Bake and freeze whole grain muffins and pancakes
- Stock up on grab and go items such as fruit, containers of yogurt, individual portions of trail mix, and cheese
- Make hard boiled eggs and keep in refrigerator for up to one week. Add a slice of whole grain toast and cheese with eggs to make a grab and go breakfast sandwich.

Make sure you and your child know about the breakfast program offered at their school. There are many reasons why children access breakfast programs: a long bus ride, don't feel like eating when they get up or not having enough time to eat at home. Perhaps they just look forward to eating with their friends and classmates at school. Whatever the reason it is important that all children start their day with a full belly and be ready to learn.

For more information:

[http://www.nbta.ca/resources/breakfast\\_binder/Breakfast\\_Program.pdf](http://www.nbta.ca/resources/breakfast_binder/Breakfast_Program.pdf)

<http://www.breakfastclubcanada.org/our-needs/>

<https://nourishns.ca/>

<https://www.dietitians.ca>