

HEALTH PROMOTING SCHOOLS

Ready, Set, Breakfast!

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

The best part of waking up is breakfast! Children who eat breakfast are more likely to be focused and have better attitudes toward school and learning. This leads to increased academic performance and positive interactions with peers and adults.

As families get back into school "routines", it's important to include the "routine" of starting your day with a healthy well-balanced breakfast. Incorporate a variety of fruits and vegetables, protein and whole grains. This will provide energy for both learning and being active.

Ideas for Breakfast options:

1. Whole grain waffle/pancake topped with your favourite fruit and yogurt
2. Oatmeal muffin, yogurt, and apple slices/banana
3. Whole-wheat crackers, cheese, and a piece of fruit
4. Breakfast burrito: Whole grain tortilla with scrambled eggs/veggies, salsa, and cheese
5. Whole grain cereal bar and fruit smoothie (have fun trying different ingredients like leafy greens)
6. Unsalted nuts, fruit and milk
7. Whole grain hot or cold cereal with fruit of your choice

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.

RESOURCE LINKS:

[Food guide snapshot - Canada.ca](#)

[Recipes - Canada.ca](#)

[Healthy eating for parents and children - Canada.ca](#)

[Adjusting recipes to meet your needs - Canada.ca](#)

[Cookspiration](#)



Additional Tips:

Tips in preparing breakfast ahead of time 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.

Remember children build food skills by helping with age-appropriate tasks in the kitchen. Involvement in food preparation fosters independence, builds a healthy relationship with food, plus makes them feel good about themselves.

Check these recipes out:

[Apple pie breakfast bowl - Canada.ca](#)

[Simple breakfast soup - Canada.ca](#)

[Egg wrap with vegetables - Canada.ca](#)

