

BREAKFRESH?

Maybe our morning meal needs a new name. Sure, it's the time of day when we "break" a long night's "fast." But it's also the best time to get a fresh, nutritious start on your day!

That's why everyone, young and old, should begin their morning with fresh fruit. Peel a banana. Munch an apple. Gobble an orange. You don't even have to break stride!



the big number

7

For optimal health, we should eat 7 or more half-cup servings of fruits/veggies per day, but we average fewer than 3.

And fresh fruit isn't just easy. It's delicious, and good for you, too -- packed with vitamins, minerals, and phytonutrients to get you going and keep you strong, and loaded with natural fiber to help you feel full longer. If you have time, a balanced breakfast with protein and some fat along with fruit is great, but whatever else you eat in the morning, make sure to "breakfresh" with wholesome fresh fruit. It's the daily head start you can hold in your hand!

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"BREAKFRESH"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

BREAKFAST VEGGIES

Vegetables might seem to be the hardest food group to work into a healthy breakfast, but not if you get creative! Add avocado, tomato, spinach, and/or red pepper to your favorite whole grain bread or high fiber muffin for a tasty breakfast sandwich!

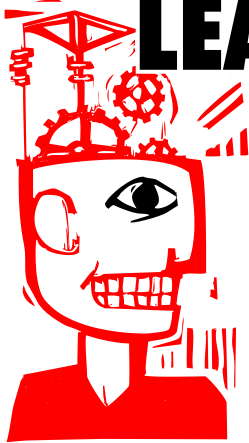


LIVE HEALTHIER

Fruit's fantastic, but try to balance your breakfast with a little lean protein, dairy, whole grains, and veggies, too. Get all of that in one dish with a chicken, egg, bean, cheese, and veggie breakfast burrito in a whole-grain tortilla. Fruit in one hand, burrito in the other!



LEARN EASIER



It's really simple: your brain just doesn't work as well when you don't eat breakfast. Numerous studies have shown that short-term memory and concentration suffer when you skip your morning meal. Plus, you're more likely to load up a little later on sugary and fatty convenience foods.

PLAY HARDER

The longer you go without food, the more you slow down. Can't run. Can't jump. Can't dance. Can't have fun. So if you want to be good to go in the afternoon and into the night, don't neglect the first meal of the day!



First things First

BREAKFAST @SCHOOL
For first-class learning!

Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!

DON'T GET!
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

School Meals
We serve education every day