

# FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. When kids of all ages eat a healthy meal at the beginning of the school day -- featuring whole grains, fresh fruit, lowfat or nonfat dairy, and perhaps some lean protein -- their overall wellness improves **AND** they tend to eat healthier the rest of the day, too. In the classroom, they behave better, concentrate more effectively, participate more, and (no wonder) get better grades and perform better on standardized tests. So whether they get breakfast at school or at home, remember: **kids can't do their best unless they're well fed in the morning!**

the big number

4.6

One study found that 6-year-olds who ate breakfast every day scored 4.6 points higher on IQ tests than kids who often skipped.



**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!

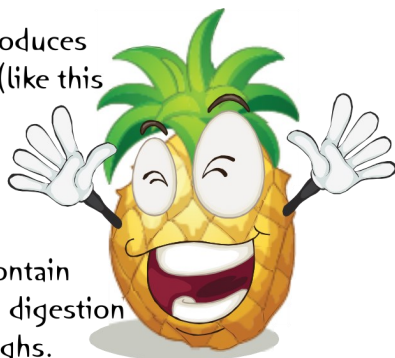
"FIRST THINGS FIRST!"

## 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!

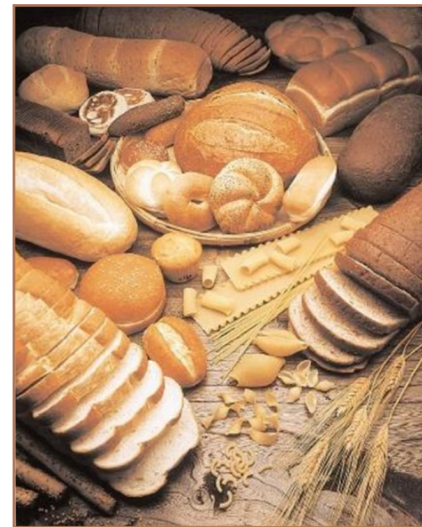
### PINEAPPLE

Each pineapple plant produces just a single pineapple (like this happy guy) every two years, but they can keep producing for decades! In addition to vitamin C, pineapples contain "bromelain," which aids digestion and helps suppress coughs.



## LIVE HEALTHIER

Breakfast has always been associated with grain foods, so it's the ideal time to choose more whole grain rich options. Virtually any favorite traditional breakfast grain food can be made with more whole grains -- pancakes, waffles, muffins, cereal, toast, English muffins, bagels, you name it. So whether you're preparing breakfast at home, taking advantage of breakfast at school, or buying breakfast out, look for choices rich in whole grains!

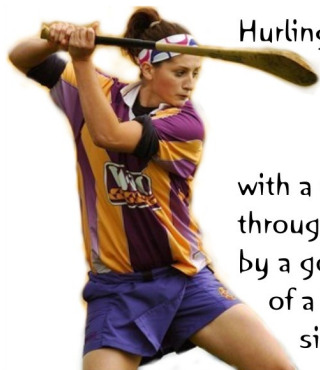


## LEARN EASIER

Students who annotate while they read understand and retain more of the material. And annotating is even easier with electronic media (less messy, too!)



## PLAY HARDER



Hurling is a sport native to Ireland and is immensely popular there. Players try to strike or carry a ball with a wooden stick called a "hurley" through or over a goalpost guarded by a goalie on a field about the size of a soccer pitch. Women play a similar sport called "Camogie."

### First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring  
Healthy Fruits  
& Grains!

**School Meals**  
We serve education every day!

Over the last few school years, 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 this year to keep you posted on these changes!



**DON'T 4GET!**  
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!

This newsletter is provided as a wellness resource by our school system's School Meals Program