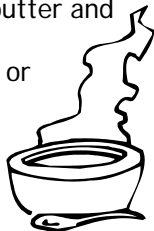


Blast Off With Breakfast!

Eating a nutritious breakfast is an easy way to help kids concentrate and reach their learning potential in class.

Quick and easy breakfast ideas:

- Orange sections, string cheese, oatmeal muffin
- Yogurt, whole wheat toast, grapes
- Leftover veggie pizza, canned peaches, milk
- Grilled cheese on whole wheat, 100% unsweetened fruit juice
- Whole wheat English muffin, peanut butter and sliced banana
- Cereal (eg, multi-grain, whole wheat, or oats), milk and blueberries



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit