
5 a Day-Power Play! News

California Children's 5 a Day—Power Play! Campaign

Breakfast helps jumpstart your day!

Getting kids off to school can often be a struggle. In the hustle and bustle, don't skip the most important meal of the day. Breakfast keeps kids on target for meeting their nutrient needs and for being ready to learn.

Starting the school day with breakfast is an important part of better performance in the classroom. Research shows that kids who eat breakfast miss fewer days, do better with hand-eye coordination and have better verbal fluency. Chico Unified School District serves breakfast, which is a great option for those kids who don't have time to eat at home. Remember, children learn by example. If you skip breakfast, your kids may feel it's okay for them to skip as well. Start the day off right by enjoying breakfast with your children or encouraging them to eat breakfast at school. (Source: American Dietetic Association)



Power up with Breakfast

Try these strategies to make breakfast a habit in your house:

- **Be a role model:**
If you want your child to eat breakfast, eat it yourself!
- **Keep breakfast foods on hand:**
Have at least 2 easy-to-serve items from each food group.
- **Make it easy:**
Keep breakfast foods highly visible and in convenient spots for kids to grab.
- **Try school breakfast:**
Encourage kids to eat school breakfast if they don't get a chance to eat at home.

(Source: National Dairy Council)

Remember, children and adults need at least 5 servings of fruits and vegetables and 60 minutes of physical activity everyday for better health!

Fun ways to make breakfast HEALTHY & FUN:

- Add raisins, berries, and other fresh or dried fruits to cereal.
- Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie.
- Have 100% fruit juice in easy-to-tote boxes or cans on hand.
- Keep a big bowl of ripe fruit on the table for passers-by to pick up on their way out.
- Make a sandwich roll-up by spreading peanut butter and jelly or banana on a tortilla.
- Try a breakfast burrito! Fill a tortilla with scrambled eggs, boiled potato, beans, and salsa.

On the Run? Breakfast choices in 3-minutes or less :

- Unsweetened cereal with low-fat milk
- Whole wheat toast with jam
- Fresh fruit
- Bagel or English muffin with peanut butter
- Low-fat granola with yogurt or milk
- Cottage cheese with canned fruit
- Instant oatmeal
- Low-fat frozen waffles with fruit
- Yogurt

For more information about the **5 a Day-Power Play! Campaign**, please contact
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