

## **Breakfast GO Power!**



**Use the ideas and resources in this booklet to take action for wellness.**

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### **For your convenience, copy ready handouts are included!**

*Great for parent nights, health fairs, and more!*

Family Tips: *Breakfast GO Power*

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Staff Wellness: *Easy Breakfast GO Power!*

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## **Breakfast GO Power!**

### **Tips for staff newsletter and more**

#### **Breakfast GO Power!**

Eating breakfast sets you in motion to have energy for the rest of the day.

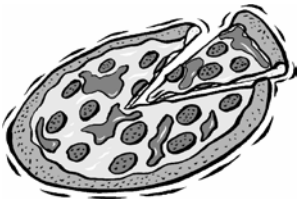
- Fuels your brain and your body and provides a variety of nutrients.
- Makes you less likely to be overweight.
- Makes you less apt to snack on unhealthy food throughout the day.

Instead of feeling weak and lethargic, or nauseated throughout the day, start the day with "GO Power." A short amount of time eating can sustain you for several hours of the workday.

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#### **Tips for home**

- Set your alarm to get up 15 minutes earlier.
  - Prepare as much of your breakfast as you can the night before so you are not tempted to skip it.
  - Set the table and prepare the coffee pot the night before.
  - Be creative! Who ever said you have to have breakfast food for breakfast? Eat healthy leftovers.
  - Post a list of healthy and enjoyable breakfast ideas on your refrigerator to save time in the morning.
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#### **Tips for work**

Set a goal to eat breakfast most days of the week.

- Too busy? Don't have time? Start by committing to take just 15 minutes of time for breakfast.
  - Be creative and eat what appeals to you.
  - Choose a balanced breakfast with any combination of choices from at least 3 major food groups (Grains, Vegetable, Fruit, Milk, and Meat & Beans).
  - If time is an issue, work with the food service director to make healthy breakfast options available at work, or prepare breakfast and bring from home.
  - Meet a friend or coworker for breakfast. To stay committed, put it on your calendar.
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#### **Staff wellness program action ideas**

- Make staff meetings or in-services an opportunity to role model healthy breakfasts! Instead of sweet rolls or donuts, ask each staff member to bring 1 cup of fruit and combine all for a colorful fruit bowl. Add whole grain muffins and skim milk for a complete healthy breakfast.
- Start a staff *Breakfast GO Power Challenge!* Have staff track their breakfast habits after setting a goal to improve. Use the format on the next page to help staff create and log their breakfast intake.