



Make it Breakfast First

Breakfast builds better bodies, provides fuel for school and boosts brain power! Research showsⁱ ⁱⁱ that when kids eat breakfast:

- They are more likely to get the nutrients they need to get through the morning.
- They may have higher test scores, miss less school and are tardy less often.
- It can be easier for them to focus, concentrate, solve problems and learn.
- It can be easier for them to behave in the classroom.

Four Tips for Making Breakfast a Habit

A nutritious breakfast provides one-fourth of a child's daily nutrient needs. Children who skip breakfast seldom make up for the nutrients they missed out on later in the day. Make breakfast part of your household's morning routine by following these four steps:

1. **Be a role model.** If you want your child to eat breakfast, eat breakfast yourself!
2. **Keep breakfast foods on hand.** Have at least two easy-to-serve items from each food group available.
3. **Make it easy.** Keep breakfast foods highly visible and in convenient spots for kids to grab. For a portable breakfast, use our [handy chart](#) to mix and match ingredients for nutritious breakfast sandwiches.
4. **Try School Breakfast.** If kids don't have time to eat at home or aren't hungry when they leave in the morning, encourage them to eat School Breakfast.

ⁱ Food Research & Action Center. [Research Brief: Breakfast for Learning](#). Accessed at: <http://frac.org/wp-content/uploads/breakfastforlearning-1.pdf>. February 20, 2018.

ⁱⁱ GenYOUTH Foundation and National Dairy Council. [The Wellness Impact](#). 2013. Accessed at: <https://www.nationaldairyCouncil.org/content/2015/the-wellness-impact>. February 20, 2018.