

# Feeding Young Minds!



"When a child's stomach is empty, everything else is secondary. Before developing a thirst for knowledge and a hunger for learning, one must first satisfy the body's thirst and hunger. This is the challenge faced by our society."

Romeo LeBlanc, Former Governor General of Canada

## Breakfast: A great way to start the day!

*Did you know...31% of elementary school students and 62% of secondary school students do not eat a nutritious breakfast before heading to school in the morning?*

Breakfast is a very important meal. A good breakfast fuels you up and gets you ready for the day.

In general, kids who eat breakfast have more energy. They do better in school, and eat healthier throughout the day. Without breakfast, kids can get irritable, restless, and tired.

No time for breakfast in the morning? Try getting things ready the night before. Remember that breakfast should include foods from at least three of the four food groups from *Canada's Food Guide to Healthy Eating*: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

### Here are some easy and fun breakfast ideas:

**Breakfast Shake:** In a blender mix fruit, milk and yogurt; try adding ground nuts, oat bran or flax seed.

**Pizza:** Top half a whole wheat English muffin with tomato sauce, low fat cheese and your favorite veggies and bake.

**Fruit Kabobs:** String fresh fruit on a skewer and dip in yogurt. Serve with a piece of toast or a bowl of cereal.

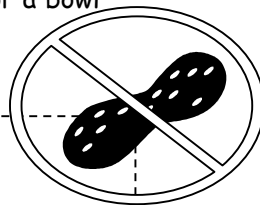
**Yogurt Sundae:** In a glass, layer yogurt and granola, seeds, and or fruit for a quick easy breakfast. This is a great way to get all 4 food groups at once!



**Trail Mix:** Mix together various whole grain cereal like Cheerios, Shreddies or Corn Bran Squares, along with a few multi grain pretzels, dried fruit or nuts in a plastic bag. Serve with milk or 100% juice. (This also makes a great snack.)

### Nut Allergies = Nut Free Schools

Some children have life-threatening allergies to peanuts (or other foods). Because of this, many schools are nut-free. Check with your school to see if there are any food restrictions. If so, please take extra care when preparing lunches. If you are unsure, leave foods made with nuts out of your child's lunch for everyone's safety.



### Food Safety

- Keep hot foods hot, cold foods cold!
- Frozen juice boxes make great ice packs for lunches.
- Clean lunch bags, plastic containers, and all other lunch items each day.
- Do not reuse plastic bags, wax paper, or other wrappers as they may carry bacteria.

## Snack Time!

Don't forget to pack a healthy snack for recess. By mid-morning kids are getting hungry and need the extra energy and nutrients that snacks provide. A nutritious snack should include 2 food groups from *Canada's Food Guide to Healthy Eating*; here are a few ideas:



### Mix and match your favorite items:

- Yogurt
- Fresh fruit or vegetables
- Crackers
- Low fat cheese
- Hardboiled egg
- Pita bread
- Hummus
- A small sandwich or wrap
- Low-fat muffin
- Rice cakes
- Air popped popcorn

### Neat Snack Ideas

- ✓ Mix frozen berries in plain yogurt
- ✓ Pita chips and hummus
- ✓ Low fat cheese and crackers
- ✓ Trail mix
- ✓ Celery with cream cheese
- ✓ Cut up apples (add a bit of lemon juice to avoid browning)



## Lunches for Learning

Every parent wants to offer healthy lunches that also provide variety. But sometimes parents are faced with children who go hungry because they don't like the contents of their lunch box.

Get your kids involved in the planning and preparation of their lunches; they will be more likely to eat lunch if they had some input. A nutritious Lunch should include all 4 food groups from *Canada's Food Guide to Healthy Eating*; here are a few ideas:



### Sandwich ideas:

- Pita bread: can be filled with any favorite sandwich toppings
- Tortillas: put lean meat, low fat cheese, lettuce or other vegetables on a tortilla and roll it up
- Pizza sub: add pizza sauce, low fat cheese and your favorite pizza toppings to a hotdog bun

### Other Neat Lunch Ideas:

- ✓ Sandwich on a stick: thread a cubes of bread, cheese, meat, and vegetables on a skewer
- ✓ Do it yourself snack pack: make your own healthy snack pack; pack a reusable container with your favorite crackers, cheese, lean deli meat, add a juice box and a small treat and you have your own snack pack.
- ✓ Use cookie cutters to create unique shapes for not only cookies but for sandwiches too.

For more information on healthy eating and physical activity check out the Chignecto-Central Regional School Board's Health Promoting Schools website [www.ccrsbhps.ca](http://www.ccrsbhps.ca).