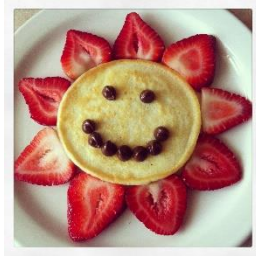


WELLNESS CORNER

The benefits of breakfast for students every day!



You may or may not be aware but having your child eat breakfast before school brings many benefits to their learning day.

The facts/evidence*:

-students who participate in the School Breakfast Program (SBP) increase their academic grades and standardized test scores, reduce absenteeism and improve their memory.

-lack of adequate intake of the different food groups such as fruits, vegetables or dairy is associated with lower grades.

- skipping meals creating hunger is associated with lower grades, higher rates of absenteeism and an inability to focus.

In short, eating breakfast is important for students to reach their highest academic potential in the classroom.

<p>Ideas at home:</p> <p>Eggs, whole grain toast, side of fresh or frozen fruit</p> <p>Whole grain English muffin, nut butter, side of fruit</p> <p>Whole grain pancakes or waffles topped with fruit, hard boiled eggs</p>	<p>Ideas on the go:</p> <p>Make your own egg muffins the night before- mix eggs, veggies, cheese and bake in muffin tins</p> <p>Fruit, spinach and yogurt smoothie</p> <p>Egg and cheese sandwich with tomato</p> <p>Energy protein bites- nut butter, oats, honey, dried fruit, chocolate chips- mix and roll into small balls</p>
<p>No time at home? No problem! Your child's school offers breakfast!</p> <p>Cereal, breakfast bars, fruit, bagels, pancakes, muffins, yogurt, banana bread and more! Look on the website for the full two-week cycle menu</p> <p>-> http://www.southhadleyschools.org/programs.cfm?subpage=650495</p>	

*(source:https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)

Written by UMass Dietetic Intern Nicole Chivas

Nicole is a South Hadley High School graduate who attended some Health and Wellness Advisory Committee meetings while she did an internship here in South Hadley with Matt Hoagland our food service director.