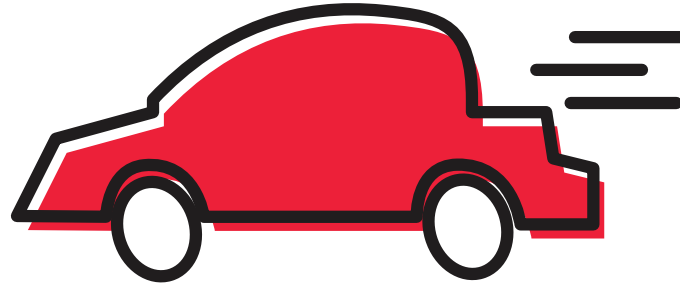


# Breakfast

## Give them fuel!

There are 10 to 12 hours between supper and the time we get up in the morning. Early in the morning, we don't have much fuel. If we don't eat, our bellies are likely to speak louder than the teacher! Breakfast is supposed to fill up our tanks. Everyone can benefit from the information below. Feel free to share it with parents.



## Fill them up with “super”

All foods provide energy. But certain foods are more nutritious and will tide children over until snack time. That's what we call filling them up with “super.” A bowl of cereal that's rich in fibre and light in sugar, peanut butter toast, oatmeal or an egg can keep them going longer than a bowl of sugary cereal or toast with chocolate spread. For a complete breakfast, make sure to include foods from Canada's Food Guide Eat Well Plate (vegetables and fruits, whole grain and protein foods).



## It's a matter of habit


We take the same route to work every day. We know the way without having to think about it. The same is true for getting in the habit of eating breakfast. We can start by offering children lighter foods, and they will eventually become hungrier.

## A rough start

As usual, children must be allowed to decide how much they will eat for breakfast. If they have a light breakfast, remind them that they can have a snack soon. A stuffed belly is as uncomfortable as an empty one.



# Roadblocks to breakfast



Roadblocks	In a hurry	Not hungry	Long way commute to school
<b>Solutions</b>	Express Prepared in advance	Bird (with a substantial snack)	On-the-go
<b>Suggestions</b>	<b>Express</b> Yogurt + raspberries + granola Peanut butter toast or toast with pâté + clementine Bowl of cereal + blueberries  <b>Prepare in advance</b> Homemade granola bar or homemade banana bread + a glass of milk + pear Hardboiled egg + apple + homemade muffin	<b>Two Breakfasts:</b> Berry smoothie (muffin later) Yogurt (granola bar + kiwi later) Cheese (cereal + pineapple later)	Peanut butter sandwich ** except if taking the school bus or a pâté sandwich + milk + banana Overnight oats* Homemade muffin, raisins and cheese Nourishing smoothie made with yogurt, berries and pea butter

## \*Overnight oats

In the evening, mix one part oatmeal with two parts milk or enriched soy milk, yogurt, or a combination of the two. Add toppings: coconut, raisins, apple sauce, frozen fruit, etc. It will be ready when you get up in the morning! You can also add fresh fruit or crunchy nuts.

## \*\*Allergic to peanut butter?

Do you know about pea butter and soy butter? These alternatives come in handy when peanut and nut butters aren't permitted. They can be found in the peanut butter or natural food aisles. If children come with these types of butters, ask the parents to clearly label them. You may need to reassure other parents that these are alternative butters, even if they look like peanut butter.

