



Rise and Shine, it's Breakfast Time

Eating a healthy breakfast each day can help your family have the energy to learn, work and play, but mornings can be a busy time for families.

- Plan ahead by making overnight oatmeal in grab and go containers
- Include a vegetable or fruit with breakfast



Ensuring your child has a healthy and well-balanced breakfast before heading to school is an investment in their health, wellbeing, and their future. Research shows that children who eat breakfast every day have a healthier weight, better and longer attention span improved academic performance and decreased hyperactivity in class. Not only does having a good breakfast contribute to your child's school day, but a good breakfast can also provide them with a quarter of the essential nutrients and energy needed to grow, flourish and succeed.

Let's play



Even though it is winter, there is still lots to do outside that can keep the whole family active. February is a perfect month to go skating, tobogganing, snowshoeing or simply going for a family walk!

Follow us on THU webpage : <http://www.timiskaminghu.com/454/Northern-Fruit-Vegetable-Program>

Tasty Trivia

Did you know that a healthy breakfast should always include at least 3 of the 4 food groups on Canada's Food Guide?



These food groups include:

- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

Kitchen Corner

Examples of nutritious breakfasts that include at least 3 food groups :

- Yogurt with granola and fruit
- Whole grain toast with banana and peanut butter
- Oatmeal with berries and low fat milk
- Breakfast burrito: scrambled eggs, low fat cheese and grilled vegetables

