
Breakfast Gets Top Marks

Children need a good breakfast in order to learn well and enjoy their day at school. Other family members also need a healthy breakfast, no matter what activities their days include. Here are some tips to ensure that everyone in the family has a wholesome meal at the start of the day.

- **Plan ahead.** Since time is often tight, this can be the most important step. Plan for the whole week to help with grocery shopping and supplies.
- **Prepare ahead.** Do what you can the night before.
- **Beat boredom.** It is fine to include healthy foods not usually thought of as “breakfast foods.”
- **Make it a habit.** If you want to strengthen your family’s breakfast routine, pick two or three weeks to focus on the change. It takes 21 to 28 days to change a habit.
- **Eat together whenever you can.** Families tend to eat better when they share mealtime. As an added bonus, breakfast together offers a great chance to plan for the day’s activities.



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