



### **Building a Healthy Breakfast**

When a child is hungry, it's hard to learn. Research supports a strong link between good nutrition and success. Students who are well nourished perform better in school, including improved test scores, memory, attendance and classroom behaviour. Lorna Shaw-Hoeppner, a Registered Dietitian and a Breakfast for Learning volunteer, shares her expertise on building a balanced breakfast:

*“Breakfast really is the most important meal of the day. A balanced breakfast helps kids to fuel their bodies and brains and keeps them going until lunchtime. To build a balanced breakfast select a food from at least three out of the four food groups from Eating Well with Canada’s Food Guide. Try this balanced combination:*

- *Vegetable and Fruit: Orange*
- *Grains and Starches: Whole grain toast*
- *Milk and Alternatives: Glass of milk*
- *Meat and Alternatives: Peanut butter”*

### **About Breakfast for Learning**

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. In the 2013/14 school year, Breakfast for Learning funded 2,398 breakfast, lunch and snack programs, served 250,707 children and youth and provided over 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada. For more information, please visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca).