NUTRITION AND LEARNING

Children who eat more nutritious meals have more energy, stamina and self-esteem, all of which improve their ability to learn.

Start the day with breakfast
Skipping breakfast leaves
the brain without energy to
learn. Children who eat
breakfast tend to do better
in school and other morning
activities.

Refuel with lunch School lunches If you pack your meet about child's lunch, follow one-third of a MyPlate guidelines child's nutrition and include needs. something from each food group. **Dairy Fruits** Grains **Vegetables** Protein

Well-nourished children tend to be:

- More physically active
- More curious
- More attentive
- More independent
- More social
- Less uneasy or nervous
- Less tired
- Less likely to get sick

Try these nutrient-packed breakfast ideas:

- Whole-grain cereal or oatmeal topped with fruit and milk
- Breakfast smoothie made with milk and fruit
- Whole grain toast with peanut butter and milk
- •Scrambled eggs with shredded cheese and whole grain toast
- Leftovers from last night's dinner



Give kids an after-school boost

Keep easy snacks on hand such as:

- Ready-to-eat fruits and vegetables
- Whole-grain crackers and cheese
- Popcorn
- Whole-grain cereal
- Low-fat milk and yogurt
- Trail mix with dried fruit and nuts



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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

Contact your local resource center or go online to mydss.mo.gov/food-assistance