







Start the day right with brekky

Eating breakfast fuels the body and gives kids more energy to concentrate and focus at school. It also gives kids the energy to be physically active!

Here are some tips to encourage kids to eat breakfast everyday:

-  Involve kids in planning, shopping and making breakfast. This teaches them to plan, prepare and cook meals
-  Prepare the night before - i.e., get the kitchen utensils out ready to use, bowls, plates, cups, cut up fruit and pop it in the fridge
-  Try healthy grab and go options: fruit, trail mix, yoghurt, fruit smoothies, baked beans or wholegrain cereal bites
-  Encourage your kids to start each day with breakfast! Make time to sit and enjoy eating breakfast together

