

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:

- fill 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
- fine Encourage your kids to start each day with breakfast! Make time to sit and enjoy eating breakfast together







Developed by Hunter New England LHD

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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.