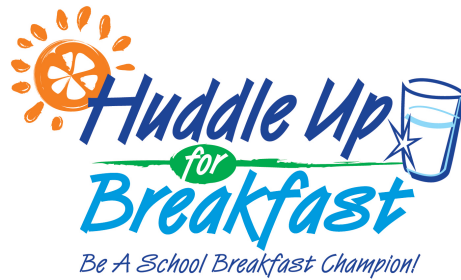


PARENT NEWSLETTER MESSAGES

- **No time for breakfast at home?** Your child's school cafeteria can be the ticket! The serving line offers low-fat and fat-free milk, a variety of fruit and whole grain-rich items. Breakfast items offered meet the United States Department of Agriculture school meal requirements so your child can get the right balance of healthy foods they need to start their day. Encourage your child to choose milk that will give them nine essential nutrients. Dairy, fruit and whole grain-rich items team up to score a healthy breakfast. Make sure your family huddles up for breakfast!
- **The proof is in the brain!** Nutrients are not only essential to learning but they also support normal brain growth and development. Encourage your child to eat a school breakfast each day. They will gain brainpower by fueling up with low-fat or fat-free dairy, fruits and whole grains. That fuel will help the brain with its main functions related to learning such as problem solving, memory, planning and reasoning. Put your child in the driver's seat with learning and go the distance with breakfast.
- **A school breakfast provides 25% of the vital nutrients** your child needs each day to grow a healthy body. Starting the day with a balanced breakfast that includes low-fat and fat-free dairy ensures students are on their way to meet their nutritional needs each day. Those who say yes to breakfast are more likely to be less anxious, calmer, more focused and learn better. Encourage your child to grab their friends and huddle up for breakfast at school.
- **What you eat or don't eat matters!** Throughout their childhood, your children's brains are developing. Not choosing the right combination of food leads to poor nutrition and has a negative effect on brain function. Starting your family's day with low-fat or fat-free dairy, fruit and whole grains will put a better student in the chair for learning. Students who skip breakfast not only develop poor nutrition habits, but their daily academic achievement and testing performance suffer. Score big and go the distance with breakfast.



School Breakfast Basics

- The School Breakfast Program is a federally-funded program administered by the United States Department of Agriculture and operated on a state level by the Florida Department of Agriculture and Consumer Services.
- State legislation in Florida has helped to expand access to school breakfast. All public elementary schools in Florida must operate a school breakfast program.

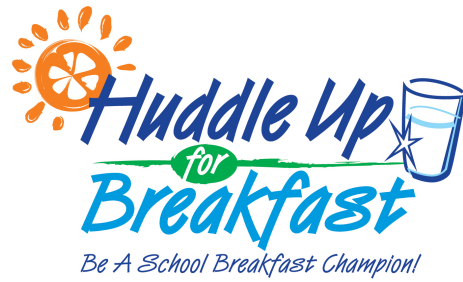
Alternative Breakfast Options

These options allow schools to make breakfast part of the school day.

- Breakfast in the classroom: Allows all students to be offered breakfast in their classroom, either at the beginning of the day or early during the day.
- Grab and Go: Students quickly grab the components of school breakfast from the cafeteria line or from carts or kiosks on school property. They eat outside of the cafeteria or in their classroom at the start of the day.
- Second Chance Breakfast: Offers students a chance to obtain and eat breakfast after homeroom or first period.
- Vending Machines: Can be offered with traditional breakfast or as an additional alternative breakfast option. The machines are self-serve, on the meal program and are located in cafeteria hallways or common areas.

Children who consume school breakfast have

- Improved nutritional intake
- Adequate nutrients needed for cognitive function in the morning
- Improved attention and memory
- Increased reading and math scores
- Less likelihood to be overweight
- Improved student behavior and limit on disruptions during class time
- Fewer school absences, tardiness and visits to the school nurse



Snacks for Healthy and Energetic Living

Dairy foods pack loads of nutrients and flavor into every serving!
Grow strong bones, muscles and teeth while enjoying these tasty treats!

Get Mooooo-ving With Milk!

Adding calcium-rich snacks to 60 minutes of daily physical activity is a great way to ensure good health! So get some dairy fuel in your belly — and PLAY! Check in with SunnyBell for ideas on what to do with your energy from milk! You can find her at floridamilk.com/sunnybell.