



## MORNING ANNOUNCEMENTS FOR STUDENTS AND SCHOOL STAFF

### Secondary Schools

- **By kicking off your day with milk**, you will give your body nine essential nutrients it needs! Having milk to start your day will help you grow stronger and smarter. Make sure milk is part of your balanced breakfast to start every day! Fuel Up so you have the energy to play 60 every day!
- **Did you know your school cafeteria serves up a healthy, balanced breakfast every day?** Start your day with low-fat or fat-free milk to give your body a boost of energy with nine essential nutrients that you need to grow healthy and strong. Balance that with some fruit and whole grains so you can go the distance with breakfast.
- **It's time to huddle up for breakfast!** Start your day with low-fat or fat-free dairy, fruit and whole grains so you can go the distance. After fueling up with nutritious foods, don't forget to play for 60 minutes every day to keep you at the top of your game.
- **Make sure your school day starts with breakfast.** Feeding your brain with healthy foods will prepare your mind for learning. Students who say yes to breakfast are sick less often, get to school on time and are awake and ready to learn each day. Go the distance with breakfast by eating low-fat or fat-free milk, whole grains and fruit each day. Make every meal nutritious and make sure you are active for 60 minutes each day for better health.
- **What you eat or don't eat matters.** Build a better breakfast with low-fat or fat-free dairy, fruit and whole grains. This breakfast will give your body important vitamins and minerals that it needs to keep you healthy. Healthy foods help you learn better, too. Choose balanced meals at home and at school and remember to be active for 60 minutes every day. Start your day by going the distance with breakfast.