



# Wellness Wakeup Call Newsletter for K-5

## Month #8: Healthy Breakfast & Lunch Ideas

Welcome to Wellness Wakeup Call! This newsletter contains messages to be read each morning in school over the loud speaker for morning announcements. This program is an easy way to help fulfill the requirements of nutrition education goals for the federally mandated Local Wellness Policies. If there are more messages than school days in the month, please combine a few so that you will be able to read them all. The program is intended to be used in chronological order, so start with month 1, and continue from there. We encourage you to photocopy this newsletter double sided to send home with students so parents can learn, too, and have a healthy recipe to try. In addition, we encourage you to notify parents about this program through the district or PTA/PTO newsletters or on your website. This document is available as a PDF file at [www.healthyschoolfood.org](http://www.healthyschoolfood.org) and you are welcome to post these files on the district website. Learn more about healthy school food at [www.healthyschoolfood.org](http://www.healthyschoolfood.org).

- Each day, start the message with: **"Good morning, this is your Wellness Wakeup Call!"**
- Then read the message for the day. End each message with: **"Enjoy your day, the healthy way!"**

1. Our bodies need the proper fuel to work the way they are supposed to. Just as a car needs the right type of gasoline to work, we need to eat healthy food to be at our best.

2. Think about how cell phones need to be recharged in order to work. Our bodies need to be recharged every day too - with a healthy breakfast! That way, we can be "recharged" for the day.

3. After going all night without eating, it's important to eat a healthy meal to help you have a good day. Breakfast can actually help you do better in class and make you feel happier.

4. When you don't eat breakfast, you might feel tired and sad. A good breakfast can make a big difference in how you feel.

5. Frozen fruit smoothies make a refreshing, quick breakfast. Why not try adding some unusual but healthy ingredients, like leafy green vegetables, carrot juice, tofu, or peanut butter for extra protein and vitamins?

6. A great breakfast is "Apple Pie Oatmeal" made with oats, water, apples, cinnamon, and a drop of pure maple syrup. If you're not allergic to nuts, you could sprinkle walnuts on top.

7. Whole grain toast with peanut, almond, cashew, soy nut, or sunflower butter is a great way to get revved up in the morning. Add a piece of fruit and you've got a great, fast breakfast.

8. In Mexico and other Latin countries, people enjoy black beans on toast for breakfast. Black beans have calcium and lots of fiber. Try it with a little salsa too!

9. Just because a cereal says "whole grain" on the box does not make it healthy. It might have lots of sugar, and fake stuff added to it. Why might a cereal have all those extra ingredients that aren't really food?

10. Many people start their day with a glass of juice. If you drink juice at breakfast, make sure it is 100% juice, not a juice drink with added sugar or fake sugars. Too much juice isn't healthy - a small glass of 4-6 ounces is plenty.

11. Most breakfast muffins are really pieces of cake, not a smart breakfast choice! If you like muffins, bake healthy whole grain ones, freeze them, and pop one in the toaster oven (or defrost overnight) for a quick breakfast.

12. Frozen waffles can be healthy or unhealthy. Look for waffles made with

whole grains. Try one with peanut butter or other nut butter instead of syrup for extra protein and vitamins!

13. If you like cereal for breakfast, remember that the kind you eat makes a big difference to your body. At the store, look for a cereal with 5 grams of fiber or more, and 3 grams of sugar or less.

14. What you eat for lunch will determine how you feel all day. If you eat junk food for lunch, you may feel tired, annoyed, depressed, or find it hard to concentrate.

15. We don't pour grease down our kitchen sinks. Why? Because we'd clog the drains and then not be able to use the sink. But when we fill up on greasy foods, we feel tired, clog the pipes to our brain, and can't think very well.

16. Have you ever felt tired after lunch? High-fat foods slow down our blood flow by making our blood sludgelike. This slows down the delivery of oxygen to our brains and makes us feel very tired.

17. A healthy lunch can help us to feel more alert in the afternoon. The right fuel helps us to perform at our best. The best fuel consists of lots of whole plant foods: fruits, vegetables, beans, lentils, and whole grains.

18. Our bodies need a lot of water to be their healthiest. Since our bodies are made up of 60 to 70 percent water, it's important to drink fluids during the day to be at our best. Water is the healthiest drink you can have.

19. Hummus (HUM-ess) is a great sandwich filling. Have you ever tried it? It is made out of ground up chick peas, sesame seeds, garlic, and seasonings. It's also a tasty dip for pita bread, baby carrots, and other raw vegetables.

20. A salad is a healthy lunch, but just lettuce and dressing isn't enough to fill you up. A healthy salad will have at least three different vegetables, beans, a whole grain like leftover brown rice or cubes of whole grain bread, and a healthy dressing that doesn't have a long list of fake ingredients.

21. Soup is a great addition to lunch. The healthiest soups are vegetable, tomato, bean, or lentil soups. Some great ones to try are black bean, lentil with sweet potatoes, minestrone with white beans, and navy bean soup. Soup, salad and bread make a great lunch!

22. If you would like something sweet after lunch, fruit is the best choice. Pack an apple, banana, grapes, or cut up melon, or other favorite fruit. A small box of raisins is also a healthy dessert.

This information and more can be found at [www.healthyschoolfood.org](http://www.healthyschoolfood.org).



## Recipe of the Month

### Apple Pie Oatmeal

Whoever thought oatmeal could be so yummy? Besides tasting great, this oatmeal is fun to eat given its name - so make sure to tell your family that you are having Apple Pie Oatmeal for breakfast! This is also a great recipe for a healthy breakfast in the school cafeteria. Please share it with your school food service director. This recipe can also be made with peaches for Peach Pie Oatmeal.

#### You will need:

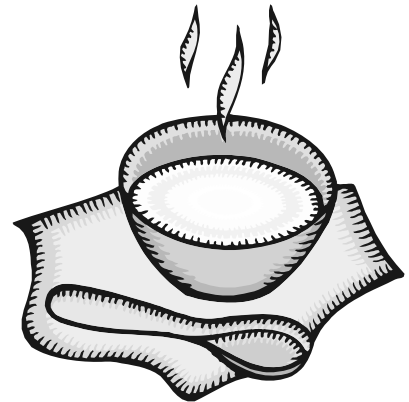
1 1/2 cups old fashioned regular oats\*

4 cups water

Cinnamon to taste

2 medium apples, chopped or shredded (chop small so apples get well cooked or use cheese shredder)

4 teaspoons of pure maple syrup



#### What to do:

Place oatmeal, water, cinnamon, apples, and pure maple syrup into a medium saucepan. Bring to a light boil over medium heat and then reduce heat and cook until the water is absorbed and oatmeal is cooked.

Makes 4 servings

\* If all you've got is quick cooking oats, decrease water to 2 cups. Regular oats are a healthier option, however, as they are less processed and closer to a whole food.

(Recipe from Amie Hamlin, New York Coalition for Healthy School Food)