Help your children **achieve success by starting their day with breakfast.**

A nutritious breakfast builds better bodies and boosts brain power by providing students with fuel for their school day. For a quick breakfast at home, make a fruit smoothie, yogurt parfait, or serve oatmeal made with milk and topped with fruit. If there’s not enough time or your child is not hungry first thing in the morning, he or she can get a nutritious breakfast at school. The School Breakfast Program is available to all students, every school day.

Children and teens need to **stay fueled all day long.**

Think of your children’s school lunch as the fuel they put in their tank. If they choose the wrong kind of fuel, they may run out of energy before the day is over. Students can bring a healthy, packed lunch that includes all the food groups – dairy, vegetables, fruits, grains, and protein. Another option is to buy a healthy lunch at school. Schools participating in the National School Lunch Program must meet strict meal guidelines, so you can feel confident about the nutrition a school lunch provides.

In between meals, **“smart snacking” helps children get enough calories their growing bodies need throughout the day.**

Growing children and teens burn a lot of energy! Choosing healthy foods, which add nutrients to the diet, such as vitamins and minerals, is essential. To get those nutrients, combine snacks from at least two food groups. For example, pair whole-grain crackers with cheese, vegetables with low-fat dip, or yogurt with fruit.