



Breakfast On The Go!

Written by: Carolyn Frail, PHEc, BAsC Food and Nutrition

A nutritious breakfast is essential to fuel young minds and to give kids the energy they need to take on the day ahead. We know that mornings can be a hectic time for families, so we are offering some breakfast tips and ideas to give you an easier start to the day.

A balanced breakfast should include a good mixture of proteins, healthy fats, fruits and/or vegetables, and whole grains to help give children the energy they need to learn and be successful inside and outside the classroom. Below are nutritious and kid friendly breakfast recipes that you can prepare the night before and simply “grab and go” the next morning. These recipes are a great source of nutrients such as calcium, iron, protein, and fibre, which provide the right fuel to take on a busy day. Involving children in cooking and food preparation is a great way to introduce them to new foods and help them develop a positive attitude toward healthy eating.

“Grab and Go” Breakfast Ideas:

- **Hard boiled eggs** – Hard boil eggs the night before and simply add a piece of fruit, a slice of whole grain toast, and a glass of milk in the morning.
- **Fresh berries and fruits** – Prepare small bags of your favourite berries and sliced fruit. Add the contents of the bags to yogurt in the morning.
- **“Rise and Shine” breakfast burritos** – Prepare burritos (scrambled eggs and shredded cheese on a whole wheat or corn tortilla) in batches and freeze in individual bags for busy mornings. Thaw the frozen burritos in the fridge overnight or in the microwave in the morning.
- **Easy Smoothies** – Blend the ingredients of the smoothie the night before and leave in the fridge overnight. Play with different combinations of fruit, yogurt and milk.
- **Whole grain pancakes** – Make extra pancakes on the weekend and freeze leftovers in bags. During the week, remove the bags from the freezer and either let thaw overnight in the fridge or reheat in the microwave in the morning. Tip: add oatmeal to pancake batter to increase fiber content.

Power Breakfast Ideas for Rushed Mornings:

For extra rushed mornings, try simple combinations such as apple, string cheese, and a handful of almonds or yogurt topped with fruit and granola.

For more healthy breakfast ideas visit: breakfastforlearning.ca/services-info/nutrition-corner/

About Breakfast for Learning

Breakfast for Learning is committed to helping children across Canada realize their full potential in life by ensuring that all children attend school well nourished and ready to learn. As Canada’s first charity focused on child nutrition, Breakfast for Learning has been supporting school based nutrition programs in every province and territory for 23 years. During the 2015/16 school year, Breakfast for Learning funded 1,887 breakfast, lunch and snack programs, supporting 238,853 children with more than 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped 3.8 million children enjoy over 594 million healthy meals and snacks. For more information, please visit www.breakfastforlearning.ca.