**Morning Announcements: Tips and Fun Facts for Each Day**

Have your students start their morning with some nutrition knowledge – to incorporate choose a nutrition tip, fun fact, or both.

**Week 1: Eat Breakfast and Celebrate National School Breakfast Week.**

**Monday** – Kick off National Nutrition Month**®** the way you kick start your day - with breakfast! March 4-8 is National School Breakfast Week and we want to celebrate the benefits of breakfast! **Fun fact:** Starting your day with a nutritious breakfast will help you perform better at school and give you the energy you need to get through the rest of the day.1

***Include if participating in Hear the DC Crunch:***

*On Wednesday, March 6 we will celebrate National School Breakfast Week by Hearing the DC Crunch! We will all bite an apple at the same time, making a crunch to be heard all across the District.*

**Tuesday** – This week is National School Breakfast Week and we encourage you to eat breakfast every day this week. **Fun fact**: A balanced breakfast has at least one food from three of the five main food groups – one grain, one vegetable or fruit, and one dairy or protein. You can use the “three out of five” model to eat a healthy balanced breakfast every day.2

**Wednesday** – Even a small breakfast is better than skipping breakfast all together. A missed morning meal means you miss out on important nutrients that make you feel energized throughout the day!3,4,5 **Tip**: For quick, healthy breakfasts, try instant oatmeal, a fruit and yogurt cup, or a peanut butter sandwich with a banana.6

***Include******if participating in Hear the DC Crunch:*** *Reminder: Tomorrow is March 8 and we will celebrate National School Breakfast Week by Hearing the DC Crunch! We will all bite into an apple at the same time, making a crunch to be heard all across the District.*

**Thursday** – School breakfast is a great way to start the day! Some of our favorite foods to eat for breakfast are (list examples of your favorite healthy school breakfast foods – i.e. milk, oranges, yogurt). What are your favorite healthy breakfasts?

***Include******if participating in Hear the DC Crunch:*** *Today is Thursday, March 8 and we will celebrate National School Breakfast Week by Hearing the DC Crunch! Today, we will all bite an apple at the same time, making a crunch to be heard all across the District. Every student should have access to a healthy breakfast every day, and by crunching into an apple together, we will be spreading this message. Get ready to hear the crunch!*

**Friday** – Even though we are at the end of National School Breakfast Week, try to keep eating breakfast every morning. **Question**: How many times did you eat breakfast this week?

**Week 2: Master MyPlate.**

**Monday** - For the second week of National Nutrition Month**®**, we will focus on the main food groups that make up MyPlate. **Tip of the day:** There are five main food groups – fruits, vegetables, grains, dairy, and protein. Consuming a variety of foods each meal will help you get the nutrients you need.

**Tuesday** – Let’s focus on fruits. For a balanced meal, fruit and veggies should fill at least 1/2 of your plate. **Fun fact:** Citrus fruits, like oranges and grapefruit, are high in vitamin C, which helps heal wounds and keep our teeth healthy. -OR - **Tip of the day:** For a sweet and savory breakfast, dip banana and apple slices in peanut butter.

**Wednesday** – Remember to vary your vegetables. For a balanced meal, fruit and veggies should fill more 1/2 of your plate. **Fun fact:** Vegetables are high in fiber, which keeps your heart healthy. -OR - **Tip of the day:** Green beans come into season in March. Try some tonight with dinner!

**Thursday** – Make at least half your grain options whole grain. There are more grains than just wheat. Other grains include oats, rice, and barley. **Fun fact:** The first loaf of bread was made over 30,000 years ago. -OR - **Tip of the day:** Choose brown rice instead of white rice during dinner to get more fiber.

**Friday** – Don’t forget about dairy and protein. All dairy foods have calcium, which helps to keep bones strong. And protein foods are more than just meat and seafood – nuts and seeds have protein too. **Fun fact**: The most popular cheese around the world is mozzarella, which is a dairy food. What is your favorite cheese? -OR - **Tip of the day:** Try salmon or tuna for healthy doses of protein and good fat!

**Week 3: Practice Healthy Habits.**

**Monday** - For the third week of National Nutrition Month**®**, we will focus on how to make healthy habits. That means choosing healthy snacks, fueling properly for sports, and practicing portion control.

**Tuesday** – Our healthy habit of the day is portion control. **Fun Fact:** When serving your food, focus on fruits and vegetables taking up a bigger part of the plate. Use MyPlate as your guide! – OR - **Tip of the day:** Pay attention to the amount you are eating. Listen to your body – if you feel full, it is OK to stop eating. Just save the rest for later.7

**Wednesday** – Our healthy habit of the day is choosing healthy snacks. **Fun fact:** Smart snacks keep energy high throughout the day. Kids who fuel up mid-afternoon will feel strong and ready for afternoon and evening activities.5 – OR - **Tip of the day:** Try some of these smart snacks: fresh fruit or fruit cup, hummus in a pita, granola mixed with low-fat yogurt, vegetables and dip.5

**Thursday** – Our healthy habit of the day is fueling for sports with the right foods. **Fun fact:** Food is fuel – Eating the right foods can help you perform your best, grow, and recover.5 – OR - **Tip of the day:** After an activity, some good food choices to help you recover include: peanut butter and jelly sandwich, low-fat chocolate milk, turkey and cheese wrap, or a smoothie.5

**Friday** – Our healthy habit of the day is preparing meals in advance. **Fun fact**: Preparing meals in advance will help you eat the right amount of food and reduce the amount you throw away. – OR - **Tip of the day**: Try to sit down for breakfast. If you are short on time, try making breakfast the night before so you can fuel on the go!5

**Resources**

1. The Academy of Nutrition and Dietetics. (2014, February 27). *Eat Breakfast*. Retrieved from http://www.eatright.org/resource/food/nutrition/healthy-eating/eat-breakfast.
2. The Academy of Nutrition and Dietetics. (2011). *Boost Your Brainpower with Breakfast!* Retrieved from https://www.healthyeating.org/Portals/0/Documents/Tip%20Sheets/Boost\_Brainpower.pdf?ver=2016-05-20-093614-590.
3. Moore, M. (2014, January 21). *5 Reasons Your Teen Needs Breakfast.* Retrieved from http://www.eatright.org/resource/food/nutrition/healthy-eating/5-reasons-your-teen-needs-breakfast.
4. The Academy of Nutrition and Dietetics*.* (2015, December 3). *Academy Journal: Teaching Parents About the Importance of Breakfast Has Benefits for Both Parent and Child.* Retrieved from http://www.eatrightpro.org/resource/media/press-releases/new-in-food-nutrition-and-health/teaching-parents-about-the-importance-of-breakfast-has-benefits-for-both-parent-and-child.
5. The Academy of Nutrition and Dietetics*. Sports Fueling for Kids*. Retrieved from http://www.eatright.org/resource/food/resources/eatright-infographics/sports-fueling-for-kids.
6. Wolfram, T. (2017, July 31). *Breakfast Ideas for Busy Mornings*. Retrieved from http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/breakfast-on-the-go.
7. Shield J. E., & Mullen, M. (2017, March 15). *Kids and Portion Control.* Retrieved from http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/portion-distortion.