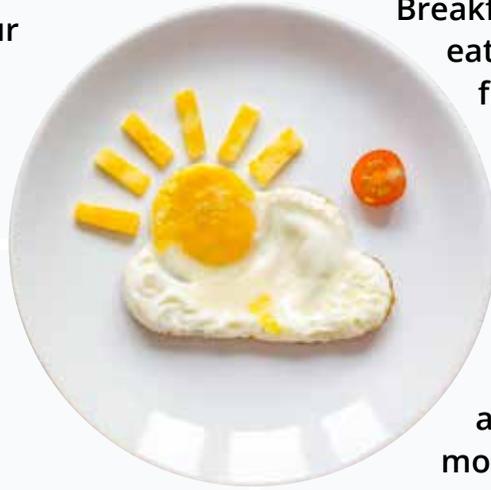


## Why Breakfast is the Most Important Meal of the Day



Eating breakfast gives our bodies the strength and energy to get through the day.



Breakfast encourages healthier eating habits and stops us from overeating at lunch or grabbing unhealthy snacks in between meals.



A healthy breakfast supports our attitude; we are less tired and more energetic which leads to being happier.

Breakfast helps us concentrate on school and work so we can be more active and productive.



### Fun Facts About Breakfast

- There are more than a dozen ways to cook an egg.
- Cereal was introduced in 1863 and was called granula.
- February is National Hot Breakfast month.



**SESAME STREET** *in Communities*

 **CREDITABLE**

### recipe *Big Bird's Happy Day Sunrise Smoothie*

#### ingredients

*2 cups plain yogurt*

*2 cups pineapple juice*

*16 ounce bag frozen pineapple*

#### directions

*Add all ingredients to a blender, mix on high until smooth. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.*




*Breakfast Crediting: 8 Servings for ages 1-5*  
cacfp.org



### Breakfast Meal Patterns Serve Milk, Grains\*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.