

Start your day with Breakfast!

Physical Health Teachers and Mental Health Committee will be providing breakfast snacks at the entrance of the door when students walk in. Granola bars and fruit will be available for students and staff.



Benefits to Eating Breakfast

- + Feel more energized
- + Improved concentration and focus
- + Weight control
- + Metabolism boost
- + Controls hunger for the rest of the day/ prevents you from overeating at your next meal
- + Helps lower "bad" cholesterol (LDL)
- + Brighter and happier mood
- + Improves memory
- + Can be a great source of nutrients and vitamins
- + You get to eat some amazing foods

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