



# FEN

(Fitness, Education, Nutrition)  
**Newsletter**  
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## Loving a Healthy Start to the Day with Breakfast

When you send your kids out the door and off to school they may be missing something important - and it's not their backpacks or lunches. When children skip breakfast, some go as long as 15 hours - or more - without food. That doesn't just leave their stomachs growling, it also impacts their ability to learn.



Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests. They also have fewer behavior problems and are less likely to be tardy.

If getting your family to eat breakfast is a challenge try these simple suggestions:

- **Nix late night noshing:** Many kids aren't hungry for breakfast because they snack at night. Try telling your kids the kitchen is closed after dinner and you'll be surprised how much hungrier they are in the morning.
- **Prep the night before:** Getting breakfast on the table is tricky for most busy families. Setting the breakfast table at night can make your morning a little smoother. While you're at it, why not put out a few boxes of whole-grain cereal for kids to pick and choose from? All they'll have to do in the morning is pour and add milk.
- **Start small:** If your family doesn't usually eat anything in the morning, it may take a while to develop the habit. Starting with a mini meal of yogurt topped with low-fat granola or a small slice of whole-wheat toast can make the transition easier.
- **Set the alarm 10 minutes earlier:** Hectic mornings can make it difficult for kids (and parents) to find time for breakfast. Waking up just a few minutes earlier provides time to squeeze in a quick morning meal.
- **Dress first, eat second:** Kids are more likely to feel hungry once they've had a chance to wake up.
- **Make sure you're well stocked:** No time to cook? No problem. Quick-fix foods like whole-grain cereal, string cheese, berries, yogurt, and whole-wheat toast, mini bagels and English muffins make grabbing breakfast a cinch.
- **Be a good role model:** Kids will do what they see their parents doing. Try to sit down and eat breakfast with them. Besides - parents need a good, healthy breakfast too!





## Lovin' that Breakfast!

### Morning Wrap...

- 1 6" flour tortilla
- 1 Tablespoon cream cheese or peanut butter
- 1 banana and/or any other fruit, sliced
- Add a sprinkle of cinnamon if you want.



Spread the tortilla with the cream cheese or peanut butter. Layer the fruit on the spread and fold the ends of the tortilla in and roll the tortilla up tightly. Slice if your child needs a smaller portion.

### Apple Cinnamon Toast Sandwich

- 2 slices of whole grain raisin bread
- 1 Tablespoon cream cheese or peanut butter
- 4 thin slices of apple
- Dash of cinnamon (you can also add a dash of sugar)
- 1 teaspoon butter or margarine



Spread bread with cream cheese or peanut butter. Top 1 bread slice with apples; sprinkle with cinnamon. Cover with remaining bread slice, peanut butter/cream cheese-side down.

Melt margarine in nonstick skillet on medium heat. Add sandwich; cook 3 min. on each side or until golden brown on both sides.

## Electronic Resource Referral Kiosk Now Available at Wakulla County Health Department

Navigating health care and general assistance systems of *any* area can be difficult. Trying to find services for all ages makes it even more difficult. Finding services in Wakulla County can be nearly impossible. So, how do you find doctors, financial assistance, childcare, parent education or tax help?



Come to the Wakulla County Health Department! The department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the health department, which is open Monday through Friday, from 8 a.m. to 5 p.m. The touch-screen computer is very easy to use and understand.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis.

You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. The kiosk and electronic referral system were made possible through a grant sponsored by the Blue Foundation of

For more information about fitness, education and nutrition, contact Grace Keith, Health Educator, Wakulla County Health Department. 850.926.0400 or [Grace\\_Keith@doh.state.fl.us](mailto:Grace_Keith@doh.state.fl.us)