



The Importance of Breakfast

It is imperative that every student have a well-balanced and nutritious diet.

Food is the fuel that provides energy for the task of learning. Eating breakfast helps assure that the energy is there for learning, physical growth and development. Evidence is increasing to support the view that kids who eat breakfast perform better at school.

Breakfast is a KEY to academic excellence and a healthy balanced diet. Breakfast literally means “breaking the fast” and as this may be up to 16 hours there is no doubt that breakfast is the most important meal of the day. This is particularly true for active, growing school children who have high energy, vitamin and mineral requirements. Eating a nutritious breakfast helps children get the daily nutrients they need and can help develop good eating habits.

Breakfast Offers a Number of Both Academic and Nutritional Benefits

From an education perspective:

- Improves children's classroom performance, including better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases behavior problems, tardiness and visits to the school nurse
- Increases attendance rates



From a health perspective:

- School breakfast supplies 1/4 of the Recommended Daily Allowances a child needs.
- Eating breakfast lowers fat intake and limits snacking over the rest of the day.
- Eating breakfast is a habit of kids who have a healthy weight.
- Skipping breakfast is linked to greater body fat.
- An appetizing and nourishing breakfast may mean that children are not tempted to eat sweets as frequently — eating sugary foods often can increase the risk of dental cavities.

Eating a healthy balanced diet is crucial to everyone's health, especially children. It has been stated that breakfast is the most important meal of the day, yet surveys reveal that up to 1 in 10 children regularly miss breakfast. Breakfast provides the ideal opportunity for children to begin the day by eating bread, other cereals, fruits and vegetables, which are all important elements of a healthy and balanced diet. Surveys persistently show, for example, that we don't eat enough fruit and vegetables, and fruit at breakfast may be a good opportunity for children to eat more.

Source: USDA and California Department of Health Service

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Remember:

Whenever your child eats breakfast...
Whether it's hot or cold...
Breakfast boosts brain power...
And that's as good as gold!

– National Dairy Council

Good for Kids, Good for Parents!

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school.

Chartwells provides a great option for parents.

If morning meals are difficult for your family, let us help you out! Take advantage of this opportunity to start the day on the right foot. Your child will find breakfast at school provides not only a nutritious meal but also a relaxed atmosphere

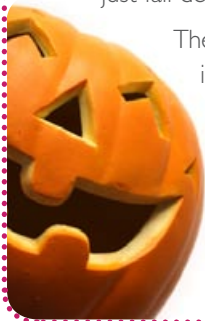
for socializing with friends and siblings. Contact your local school foodservice director for more information about breakfast.





Pumpkins: Good for More Than Just Carving

A trip to the pumpkin patch is a fall tradition for many families, followed by a fun-filled afternoon of carving jack-o-lanterns. Pumpkins are great for more than just fall décor.



The pumpkin is a member of the gourd family, which also includes the watermelon and squash. Its orange flesh has a mild, sweet flavor and the roasted seeds taste delicately nutty. Fresh pumpkins are available in the fall and winter. While some weigh more than 100 pounds, in general, the flesh from smaller pumpkins will be more tender and juicy.

Pumpkin may be prepared in a similar way to winter squash and is a good source of vitamin A.

- Blend a pumpkin smoothie. Whirl pumpkin, fat-free milk, low-fat frozen vanilla yogurt, a dash of pumpkin pie spice or cinnamon in a blender.
- Add fresh cooked or canned pumpkin to your favorite pancake batter.
- Cook mashed pumpkin with chicken broth, fat-free half-and-half, nutmeg, onion and other spices for pumpkin soup. Serve in a cleaned out pumpkin for a seasonal touch.

Choose pumpkins that do not have blemishes. Store whole pumpkins at room temperature up to a month or refrigerate up to three months. *Source: ADA*

Ginger Pumpkin Oatmeal

Makes 2 servings

Ingredients:

- 1 cup old fashioned rolled oats
- 1 ½ cups fat-free or lowfat milk
- ½ cup canned pumpkin
- 2 tbsp. brown sugar
- ½ tsp. vanilla extract
- ½ tsp. pumpkin spice

Top with:

- ¼ cup fat free or lowfat milk
- 1 tbsp. chopped walnuts
- 1 tsp. crystalline ginger bits



Directions

In a medium saucepan, heat milk and pumpkin spice to a gentle boil. Add oats, return to simmer; reduce heat, and simmer for 5 minutes. Add pumpkin, vanilla, and brown sugar. Cook 1 minute to heat through, but not boil. Portion into two bowls, pour milk over top, and sprinkle with walnuts and crystalline ginger.

Nutrition: 350 calories; 5 g fat; 0 g saturated fat; 5 mg cholesterol; 16 g protein; 55 g carbohydrate; 6 g fiber; 265 mg sodium; 270 mg calcium. *Nutrition figures based on using fat free milk. Source: www.whymilk.com*

Breaking Records • While Breaking Eggs!

Chartwells and Spartanburg Schools recently held a *Have a Record Breaking Day* breakfast campaign. The program raised awareness about the benefits of a healthy school breakfast and included a demonstration by **Howard Helmer**, the *World's Fastest Omelet Maker*. The demo took place at Spartanburg District 3 because during the month of September they had the greatest percentage increase in breakfast participation. Helmer was very entertaining and is known to cook-up 427 omelets in a mere 30 minutes!

In addition to the month-long breakfast promotion, Chartwells and Spartanburg Schools hope to break a Guinness World Record for *Largest Simultaneous Breakfast* in December. "Breakfast is especially important for children, and it plays a role in improving academic performance. Anything we can do that creates awareness about the role a good nutritious breakfast plays is important to Chartwells," said Peggy Luther, district manager for Chartwells at Spartanburg. For more information about Howard Helmer, visit <http://www.incredibleeggman.com>.

