

# WEDNESDAY WOWS



Welcome to Wednesday WOWS! • W-wonderful O-opportunities W-with S-schools

▶ About Us ▶ Healthy6 ▶ Nutrition Education ▶ Workshops ▶ Store ▶ Partners in Health

March 9, 2016

## Savor the Flavor of Breakfast

### HEAR - SEE - DO Learning

For kids, breakfast is a very important meal of the day. Growing kids need the energy that breakfast gives them to do their best at school.

### Hear - See - Do Activities

- Take a simple survey to determine the percentage of students who eat breakfast most days. The survey can be as easy as a happy or sad face ballot.
- Ask kids to identify possible reasons some people may skip breakfast and then brainstorm solutions such as:
  - Getting up earlier to eat
  - Making sure grocery shopping includes items for breakfast
  - Eating a variety of different foods so breakfast doesn't become boring.

### HEAR - SEE - DO Tips for Newsletters

A handy "cut and paste" tip for your parent or staff newsletters to meet a healthy challenge. Find additional ideas on the [Healthy6 Printables web page](#).

#### Traditional and Non-traditional Breakfast Ideas

If you find you are in a breakfast rut, try some different tastes!

- Whole grain tortilla wrap with melted low-fat cheese, scrambled eggs and salsa
- Slice of leftover pizza, berries and 100% orange juice
- Cooked cereal with chopped apples and skim or 1% milk
- Whole grain toast topped with peanut butter and banana slices

### Thought for the Day

"I love spring anywhere, but if I could choose I would always greet it in a



[Donate](#)

### National Nutrition Month Activities

Include fun nutrition and active play ideas into your classrooms, afterschool events and community programs during March! [Learn More.](#)

### Funding Opportunities

*Connect healthy eating and physical activity with literacy*

[Library Mini Grants](#)

**Deadline:** Mar. 31, 2016

The Ezra Jack Keats Foundation Mini grant awards \$500 to public schools, libraries and community organizations that foster creative expression, working together and interaction.

### HKC Blog

#### Wake Up to School Breakfast!

National School Breakfast Week starts on March 7th. This year's theme is **Wake Up to School Breakfast.**

[Read more](#)

### Partner in Health



garden." -- Ruth Stout

[Unsubscribe me](#)

***SPARKeacademy.org is Now Available!***

[SPARKeacademy.org](http://www.SPARKeacademy.org) is the online professional development resource you've been waiting for! View studio quality **online training** in the SPARK research-based programs, watch **webinars** and **tutorials (free!)**, and earn **certificates of completion**. Plus, you can earn **graduate units of credit** for completing SPARK program training. Visit [www.SPARKeacademy.org](http://www.SPARKeacademy.org)

**Connect with Us**

**For questions about Healthy Kids Challenge, please contact:**

Vickie L. James, RD, LD, Director  
[vickie@healthykidschallenge.com](mailto:vickie@healthykidschallenge.com)



healthykidschallenge.com | 1 (888) 259-6287