

**Be Smart.
Get
A Good Start...**

Breakfast

**Start each day
with a healthy breakfast.**





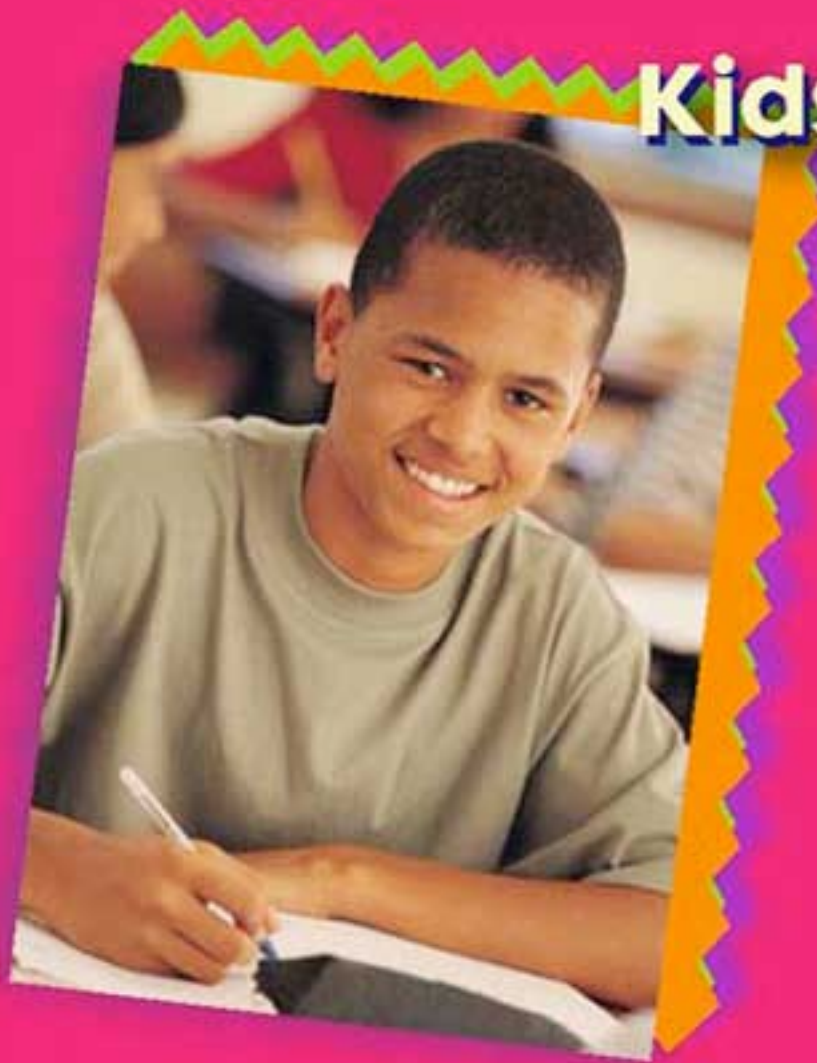
**Energize
with
Breakfast.**

**Breakfast
gives you
strength
and
helps you
GROW!**



**Breakfast helps you
think and learn.**





**Kids feel better
with a
healthy
breakfast
and
do better
in school.**

**It's easier
to maintain
a healthy
weight
with
breakfast.**





**Whole grain cereal
with fruit and milk has
fiber, vitamins and minerals.**

**Fruit smoothies make
a quick, yummy breakfast.**

*Mix milk
or yogurt
with
fruit or juice.*



No time for breakfast?



Grab and *GO!*

Want to be smarter and stronger?



**Eat a healthy
breakfast
at home, at school or on the go!**

**PENNSYLVANIA
NUTRITION EDUCATION TRACKS**

On track with healthy eating for low income audiences



Funded by DPW & PA Nutrition Education TRACKS,
part of USDA's Supplemental Nutrition Assistance Program (SNAP)

To find out how SNAP can help you buy healthy foods,
contact DPW's toll-free Helpline at
800-692-7462.

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Slide Design: Alison Carson, Carson Siegel Design