

# The Nutrition Corner

## **Breakfast is Brain Fuel!**

Would you enjoy a few more minutes of sleep in the morning? Could your student use an academic boost? If you have a student in Swain County, you have access to meals carefully planned by a Registered Dietitian Nutritionist. Eating a healthy, balanced breakfast at school could streamline your mornings and ensure that your child has access to high-quality foods including calcium- rich milk, protein, fruits and whole grains. These meals are monitored for fat, salt, and sugar content, nutrient density, and often include locally- sourced produce. Swain County students eat breakfast in the classroom, eliminating the need to arrive early to enjoy cafeteria services.

Daily breakfast consumption supports healthy growth and academic success and could have a positive effect on students' attention spans and grades. If your student is often tardy, hyperactive, or has trouble paying attention in the classroom, consider allowing them to eat their breakfast in their morning classroom. Free breakfast is available for all elementary students in Swain County. Have your child try it and find out if this program can help your student succeed!

**By Katherine Morrow**