ENERGIZE FAMILY MORNINGS

Almost 40% of Canadians miss breakfast because of rushed mornings\(^1\). Skipping breakfast can make students feel lethargic and less alert at school\(^1,2\). Taking a little time over the weekend or even the night before to assemble and pack for subsequent days can make for a dependable routine and an easy way to get ahead in the morning. And everyone in the family can help with meal planning, preparation and clean up – start the kids off with simple tasks like retrieving food items from the fridge or pantry!

Morning prep checklist for night before\(^2,3\):

- School books and stationery packed in backpacks before bedtime
- Breakfast and school lunch in the fridge ready to grab and go
- Portable snacks stocked in the kitchen for emergencies (e.g. cereal bars, yogurt tubes, cheese strings, crackers, dried fruit)

If you’re making large batches of foods like muffins, pancakes and mini frittatas, the extras can be frozen for another day and taken out as needed to defrost in the fridge overnight\(^1\). Don’t forget to label and date each batch for identification and food safety\(^1\!.

Try these breakfast recipes!

- **Whole-wheat banana pancakes**
- **Whole-wheat banana blueberry flax muffins**
- **Egg and cheese cups**
- **Spiced chia pudding**
- **Fruit and yogurt granola parfait**

References:
\(^1\) Dietitians of Canada (2015). *Eating 9 to 5!*. Retrieved from [https://www.dietitians.ca/Downloads/Public/Fact_Sheet_1_NM_2015_ENG_COL.aspx](https://www.dietitians.ca/Downloads/Public/Fact_Sheet_1_NM_2015_ENG_COL.aspx)  