

# EXTINGUISH WORRY.

Wellness isn't just about eating right and exercising. True wellness involves every aspect of how we live our lives. So part of wellness is being well prepared. **When you're ready for any situation, you feel less worry and greater peace of mind, and that's good for your health.** For example, it's a good idea to keep household fire extinguishers in spaces in your home where fires are most likely to happen – places like kitchens, garages, and workshops. In fact, safety experts recommend that we **keep a fire extinguisher and a smoke alarm on every level**

**of a dwelling** – and check them yearly to make sure they're still working. It's also a good idea to **have an escape plan in case of a fire in your home, and to practice the plan with the whole family.** Chances are, you'll never need the extinguisher or the escape plan. **But your family will rest easier – and worry less.**



the big number

28

28% of all household fires are cooking-related, occurring most often when cooking is left unattended.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"EXTINGUISH WORRY"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### BLUEBERRIES



Blueberries are a "super food" – they're so good for you they regularly turn up on lists of the ten healthiest foods. And they're also a super breakfast food – great mixed with yogurt or cereal, or cooked in muffins, pancakes, or waffles.

## LEARN EASIER

When you wake up in the morning, your body has gone 10 or more hours without nourishment. You're starving for fuel – both physically and mentally. So if you want to learn well, first things first: you have to feed the furnace!



## PLAY HARDER



Want to run harder in your afternoon gym class or do better in practice after school? Then eat a good breakfast. Athletes who eat breakfast perform better and train more effectively all day long.

## LIVE HEALTHIER

You should get about a quarter of your daily calories from breakfast (that's about 500-700 for most people), and the key to a good breakfast is BALANCE. The ideal breakfast should contain something made with whole grains for fiber, a dairy item for calcium, a serving of fruit or vegetable (and not just juice) for more fiber and nutrients, and protein from eggs, cheese, milk, or lean meat. How about a whole-wheat English muffin with egg and cheese, calcium-fortified OJ, and a banana? Or whole-grain cereal or oatmeal with fresh fruit and lowfat milk? Or scrambled eggs with tomato, whole wheat toast, and a glass of milk? The possibilities are endless – not to mention endlessly delicious!



## Breakfast at school makes facing the day easier – for everyone.

Lots of research shows that School Breakfast helps kids perform better in the classroom and on standardized tests. But school breakfast doesn't just help students. Teachers benefit because kids who eat breakfast tend to behave better and participate more actively in their morning classes. And parents can face the day with more confidence, too, knowing that their kids can get a convenient, economical, and healthy morning meal at school. Even if kids eat something at home, they can benefit from breakfast at school, because studies have shown that students learn best when they eat as close as possible to the time their classes start. Why not start making your day easier to face, too? Choose breakfast at school!

**School Meals**  
*We serve education every day™*