



Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Breakfast and Back to School

It's back to school time and we all know that mornings can be crazy! Yet research study after research study supports the importance of breakfast for everyone in the family. Breakfast eaters tend to have improved performance and focus at work and school, maintain their weight more easily and have an overall improved nutrition status. Let's talk about some simple solutions to the most common obstacles for eating a good breakfast in the morning.

Time.

One of the most common reasons I hear for people not eating breakfast is that they don't have enough time. Good news! A healthy breakfast doesn't have to mean a full-cooked, sit down meal. There are plenty of healthy options that you can make ahead or throw together in just a few minutes and take along for the drive to school or work. If you like a hot breakfast, make breakfast cups or a breakfast casserole on Sunday and just warm up throughout the week. Overnight oats, PB&J, or a homemade trail mix with nuts, cereal and dried fruit are easy take-along options.

Taste preferences.

“I don’t like breakfast food”. Nobody ever said breakfast could only include cereal, eggs or yogurt! The most important thing is to start off the day with energy and nutrients. Ideally, a well-balanced breakfast would include 3 food groups, but beyond that the possibilities are endless. Leftovers from dinner last night are just as fair game as peanut butter toast and fruit! Whether you prefer sweet or savory foods, there are plenty of options for breakfast.

Appetite.

“I’m not hungry”. You can teach your body to be ready for food at different times of the day. Typically, I don’t encourage people to eat when they’re not hungry; however, even if you’re not hungry when you first wake up, chances are you’ll get hungry mid-morning. This can lead to poor food choices at work and unfocused students at school. Start by having something small in the morning and soon you’ll find yourself ready for breakfast when you wake up! You may also consider not eating late into the night, as that can reduce morning appetite.

The benefits of eating breakfast far outweigh the challenges! Plan ahead to take the guesswork and stress out of breakfast time and give yourself at least two weeks to get into the habit of eating breakfast. Try this month’s overnight oats recipe – it can be modified to any taste preferences, requires minimal time in the morning, just stir and eat!

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Lette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930 and Wilson County, 620-378-2167. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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