

# GREAT STARTS.

In a race, a good start makes all the difference. That's true in our lives, too. Just as each new race offers runners a fresh opportunity to get a strong start out of the blocks, every new year gives us that chance, too. Lots of us make resolutions



the big number

# 88

According to one estimate, 88% of New Year's resolutions fail. Eating a good breakfast is an easy one to keep!

to start off the year, but what better way to begin the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning. So in the race to do well in school, at work, and at play, you'll "get out of the blocks" better, run smarter, and finish stronger. If you want to make one resolution to help you get off to a good start in 2014, promise yourself to eat a nutritious, tasty breakfast every morning!

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

**WELLNESS IS A WAY OF LIFE!**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"GREAT STARTS"

## 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!

### BANANA



The average American eats more than 25 pounds of bananas a year! And no wonder – bananas are so darn convenient! They aren't messy, they stay ripe for a long time, and they're just plain yummy! Plus, they're loaded with fiber and potassium -- the perfect breakfast fruit for busy folks on the go!

## LIVE HEALTHIER

Here's another healthy resolution: once a day (or once a week -- start somewhere!) opt for a healthier snack rather than something high in fat, salt, sugar, and calories. Plain yogurt with fresh fruit is a good choice.



## LEARN EASIER



You can't learn if you can't keep your head up! This year, why not resolve to get to bed in time to get a good night's sleep most nights?

## PLAY HARDER

One more lap. One more minute. One more rep. One more game. Challenge yourself to do just a tiny little bit more each time this year, and before you know it, you'll be reaching all your goals!



First things First

**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!

**DON'T GET!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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