

Champions for Kids SIMPLE Service Project

# Be Their Champion!



## Give Breakfast A Wake-Up Call



### Help us build a better future for kids!

Why is eating a nutritious breakfast so important for children? A nutritious breakfast helps growing bodies develop and thrive, and it can have a substantial long-term impact on children's educational achievement. Children who do not eat a nutritious breakfast have a harder time focusing and staying awake in class, which can seriously affect their future educational and professional success. Starting their day with delicious protein like Jennie-O Turkey Bacon and Sausage is a great way to help kids grow and succeed inside and outside the classroom!

### Ways YOU Can Help!

**GATHER** your family, your child's classroom, or your local youth group to provide a healthy breakfast for children in your community! Consider serving Jennie-O Turkey Bacon and Sausage as a nutritious and delicious protein option.

**LEARN** about the nutrition needs of children in your community and ways that families can help children eat better by inviting a school nutritionist or school nurse to talk with your group. You can also find delicious recipes and nutrition information by going to [www.championsforkids.org/jennieo](http://www.championsforkids.org/jennieo)

**GIVE** the children a healthy breakfast and print out recipes and nutrition information for them to share with their parents (available for free download at [www.championsforkids.org/jennieo](http://www.championsforkids.org/jennieo))

**SHARE** your story by going to [www.championsforkids.org/jennieo](http://www.championsforkids.org/jennieo) and letting us know how many children you helped so that we can count your project towards our goal of mobilizing 20 million people by 2020 to become Champions for Kids!

