**Breakfast On-The-Go**

Breakfast is key for success at school and work. Kids who regularly eat breakfast are more focused. They behave better in the classroom and have better test scores. When you skip breakfast, your brain does not have the fuel it needs. This makes it hard to learn new information or concentrate on complex tasks. Mornings can be busy times for families. If you can’t do a sit-down breakfast, plan to get one on-the-go.

**Plan**

- If you plan ahead, you can skip the fast food drive-thru or convenience store. This saves time and money. And your family will get the nutrition it needs to succeed.
  - **Breakfast in the car:** Bring breakfast from home. You'll get better nutrition for less money. Not all breakfast foods travel well, but there are plenty of delicious options.
  - **Breakfast at school:** Many schools have great breakfast programs. Cost is minimal. It may even be free for eligible families. And, it is so easy. Ask about it at your school.
  - **Breakfast at your desk:** Don’t like to eat first thing? A mid-morning snack may be an option for adults and teens. Plan to use items that travel well.

**Eat**

- **Whole grains:** Whole grains are the best carbohydrate choices for energy in the morning. There are lots of easy-to-carry choices. Try multi-grain bagels or oatmeal-fruit muffins. How about trail mix made with a whole-grain cereal? Bring along a favorite sandwich on whole-grain bread.
- **Calcium-rich foods and drinks:** Most young people (and many adults) don’t get the calcium they need. Dairy foods in the morning can give you one of your servings for the day. Go for 1% or skim milk, yogurt and cheese. String cheese is perfect for eating on the run.
- **Colorful fruits:** While vegetables are for breakfast too, most of us are more likely to eat fruit in the morning. Luckily, fruit is the original fast food. Dried fruit travels well by itself or in trail mix. Presliced apples, pears and oranges are also easy — or try bananas, canned fruit and applesauce.

**Enjoy**

- You can have a power breakfast anywhere — at home, in the car, at school or even at your desk. The key is to have a balanced breakfast every day. It will keep your brain fueled for learning and living.