




NUTRITION BITES FOR NEWSLETTERS

READY TO GO NEWS BITES

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Did you know that starting the day with a nutritious breakfast helps set young minds up for a day of learning!



Kids who consume breakfast have shown better cognitive performance through the morning. Start your day with the right fuel to learn, run & play!






Healthy, nutritious kai for all! Anchor milk provides calcium, protein and b-vitamins whilst Sanitarium Weet-Bix wheat biscuits contain fibre and are low in sugar.






Start your day with Weet-Bix and milk to get you through the morning! This nutritious combo provides essential energy, fiber, and calcium, fueling students for better focus and learning.

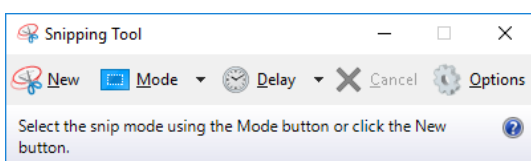
KickStart the school day with breakfast! Boosts energy and mood to set tamariki & rangatahi up for better learning. Let's make breakfast a priority!

Make breakfast count! Power up with Weet-Bix and milk! This tasty duo offers vital nutrients, including fiber and calcium, to boost energy and focus!


Reference: <https://ana.org.nz/wp-content/uploads/2016/11/Is-consuming-breakfast-important.pdf>





*We recommend downloading or using a snipping tool.
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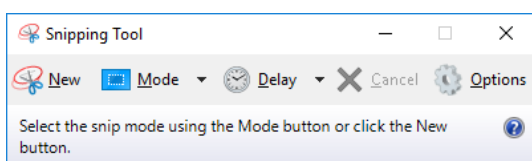

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