



# BACK TO SCHOOL

EGGS GET AN **(A+)** FOR NUTRITION

Eggs belong on every back-to-school checklist. They provide important nutrients for children such as high-quality protein to support muscles, vitamin D for bone strength and a healthy immune system, as well as choline for brain function. The antioxidants lutein and zeaxanthin are also found in eggs. They are important for cognition, eye health and help protect children's eyes from harmful blue light from monitors and screens.

Breakfast tends to be the most nutrient-packed meal of the day, and studies show that kids who eat breakfast have fewer absences from school, improved test grades and better memory.<sup>5</sup> The protein in eggs, in combination with a well-balanced breakfast, can help keep kids satisfied and fueled for the long morning of classes.

Eggs are a favorite of parents for another reason. They can be prepared in just a few minutes in the microwave or a hot skillet (non-stick makes clean up a snap).



## KEY MESSAGES

- Not all breakfasts are created equal – choose a quality breakfast rich in protein, smart carbs and healthy fats for sustained energy in the classroom.
- Breakfast boosts brainpower! Plus, eggs get extra credit for the nutrients choline and lutein, which have been shown to play a role in brain health.
- Breakfast can be quick, easy and nutritious. Plan in advance, prepare make-ahead recipes and/or choose 5-minute dishes.

## Spread the Word

**f** THESE CHERRY CHEESECAKE BREAKFAST BARS ARE A GREAT GRAB-AND-GO OPTION FOR BUSY SCHOOL MORNINGS.

They have whole-grain oats and cereal for heart-healthy fiber and B-vitamins, cherries and applesauce for natural sweetness: [EggNutritionCenter.org/CherryCheesecakeBars](http://EggNutritionCenter.org/CherryCheesecakeBars)

**t** PUT A #BACKTOSCHOOL TWIST ON AVOCADO TOAST. Make an egg in toast “basket” and serve with avocado slices: [EggNutritionCenter.org/AvocadoTwist](http://EggNutritionCenter.org/AvocadoTwist)

**t** HERE'S MY #BACKTOSCHOOL CHECKLIST FOR EACH MORNING – backpack with homework, snack, water and a good #breakfast to start the day: [EggNutritionCenter.org/Checklist](http://EggNutritionCenter.org/Checklist)

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## Your Eggs – Your Way

### SCRAMBLED EGGS



Download the Your Eggs Your Way Sheet @ [EggNutritionCenter.org/YourEggsYourWay](https://EggNutritionCenter.org/YourEggsYourWay)

**DOWNLOAD** OR **ORDER** THESE EGG NUTRITION CENTER RESOURCES FOR MORE *Delicious* TIPS AND NEWS ABOUT NUTRITIOUS EATING FOR BACK TO SCHOOL.

### RECIPE IDEA



## Cherry Cheesecake Baked Breakfast Bars

Download recipe @ [EggNutritionCenter.org/CherryCheesecakeBars](https://EggNutritionCenter.org/CherryCheesecakeBars)

### HANDOUT



QUICK WHOLESOME BREAKFAST  
[EggNutritionCenter.org/QuickBreakfast](https://EggNutritionCenter.org/QuickBreakfast)

School-aged children who ate eggs versus carb-based foods for breakfast felt more full until lunch

### SHAREABLE GRAPHIC

EGG BREAKFAST  
[EggNutritionCenter.org/EggBreakfast](https://EggNutritionCenter.org/EggBreakfast)

Access the references list at [EggNutritionCenter.org/ToolkitCitations](https://EggNutritionCenter.org/ToolkitCitations)



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