USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.

Start every day the whole grain way. Help your kids get their day off to a healthy start. Serve whole-grain versions of cereal, bread, tortillas or pancakes at breakfast. Whole grains give your kids B vitamins, minerals and fiber to help them feel full longer so they stay alert to concentrate at school.