

HOW TO MAKE BREAKFAST IF THERE IS NOT AN ADULT AROUND



**"START YOUR DAY RIGHT
WITH A HEALTHY BITE!"**

WIZE THOUGHTS:

- SIMPLE CHOICES: CHOOSE EASY-TO-MAKE OPTIONS LIKE OATMEAL, FRUIT, OR YOGURT.
- PLAN AHEAD: PREPARE PARTS OF YOUR BREAKFAST THE NIGHT BEFORE.
- BALANCED DIET: INCLUDE PROTEIN, CARBS, AND FRUIT.

TIPS & TRICKS:

- PLAN AND PREPARE YOUR BREAKFAST THE NIGHT BEFORE.
- PRACTICE MAKING SIMPLE RECIPES LIKE A FRUIT AND YOGURT PARFAIT.
- OVERNIGHT OATS: PREPARE OVERNIGHT OATS BY MIXING OATS, MILK, AND FRUIT IN A JAR.
- SMOOTHIE PREP: PRE-PACK SMOOTHIE INGREDIENTS IN A BAG AND BLEND IN THE MORNING.

SEL INTEGRATION:

- SELF-MANAGEMENT: PLAN AND PREPARE TO ENSURE YOU START YOUR DAY WELL-NOURISHED AND READY TO LEARN.

