



Healthy School Nutrition News

This year our school is making healthier food and beverage choices. These changes help children practice what they learn about healthy eating in the classroom, and show them that their education and their health are both important.

A balanced breakfast is important because it provides energy for children to concentrate and learn better throughout the day. While busy schedules and the morning rush can be a challenge for families, give this recipe a try and see how a healthy breakfast can be made easy!

For more information, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext. 1102.

www.kflaph.ca

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★ Recipe

Quick and Easy Egg Burrito

1. Whisk an egg and place in a microwave safe coffee mug or small bowl.
2. Microwave on high for 45 seconds, stir. Return to the microwave for another 30 to 45 seconds.
3. Add diced green peppers and shredded cheese.
4. Place in a whole grain tortilla shell, roll it up and enjoy!

