



**Want to Be Smarter-Learn Faster
Stay Strong- Stay Healthy?
START with a HEALTHY BREAKFAST
EAT Good2UGood4U FOODS**

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August 3, 2019



We finish Round 4 of the EAT MORE PLANTS CHALLENGE today.

**It is BACK TO SCHOOL TIME –
LET'S SHARE MORE PLANTS and LOVE and HOPE**

- Did you know 1 in 6 children in the US are hungry and malnourished? The lack of nutritious food could be due to lack of family funds, parental neglect due to mental or addiction issues. The bellies may be full, but with processed food neglecting nutritious food needed for optimal health.
- Poor nutrition can lead to lower math scores, attention problems (artificial colors), and behavior, emotional, and other problems of hopelessness
- Hunger due to eating a poor quality breakfast does not help start the day well
- fake colors and sweeteners can cause symptoms of hyperactivity, inattention, restlessness, slower learning, less memory in children
- Some food allergies and food sensitivities in children display as hyperactivity, lack of concentration, and poor judgment beyond what is normal
- Artificial (fake) colors such as Blue 1, Red 40, Yellow 5, and Yellow 6 are made from burning coal tar and found in many products marketed to appeal to kids. In Europe, Japan, Australia and other countries, these fake colors are banned and natural colorants made from fruits and vegetables are used
- **NUTRITION:** the process of eating the right kind of food so you can grow properly and be healthy (English Language Learners)
- **MALNOURISHED:** Not having enough nutrients to maintain good health and growth. Not having enough healthy food including not just the energy nutrients fat, carbohydrate and protein, but also micronutrients needed to fight off infections, heal from wounds, build more muscle, and think clearly in school.

Resources:

- <https://www.feedingamerica.org>
- PubMed

We will be partnering with Community Services to share:

- Healthy cereal =Good tasting, affordable, whole grain, no fake colors, reasonable amount added sugars, no artificial sweeteners
- Shelf stable real foods kids/teens can eat for a healthy lunch/dinner (canned fruit in 100% juice, GoGo Squeeze applesauce, 100 calorie nut/seed packs, black olives, cereal bars, etc.)
- Allergy friendly foods information and samples (Gluten-free, dairy free and where to find it/how to afford it)
- Coupons, recipes and information on how to enjoy the Good2U Good4U items in everyday life
- Encouragement notes for each backpack to keep the students encouraged

As we prepare for the Back To School Gospel Explosion, let us keep in mind:

the **LOVE** we show
the **HOPE** we share
the **GIFTS** we give

A L L E R G Y N N T S N S K F
L F F L G G I U P R O M H O T
I A O O R N T E E I A T O A N
H V N E O R I H T R W D G F E
E E N O I D C N T O S J N F M
Y E A T I A E E R E Y C I O E
R H I L E T R G N A S O K R G
G O F T T Y A S W H E A N D A
N P N A M H I R A D W L I A R
U E N M D T Y R I Y O T H B U
H I U E I F E E B P L A T L O
L Y R V E K A F O N S R W E C
N O I T N E T T A V L N Q U N
Y T W H O L E G R A I N I W E
Y T I V I T C A R E P Y H H E

FIND THESE WORDS TO HELP YOU REMEMBER

AFFORDABLE	FOOD SENSITIVITY	INATTENTION	SHARE
ALLERGY	GROWTH	INSPIRATIONAL	SLOW
ATTENTION	HEALTH	LEARNING	SMARTER
COAL TAR	HEALTHY	LOVE	TEACHERS
ENCOURAGEMENT	HOPE	NO FAKE	THINKING
ENERGY	HUNGRY	NUTRITION	WHOLE GRAIN
FOOD	HYPERACTIVITY	RED	YUMMY