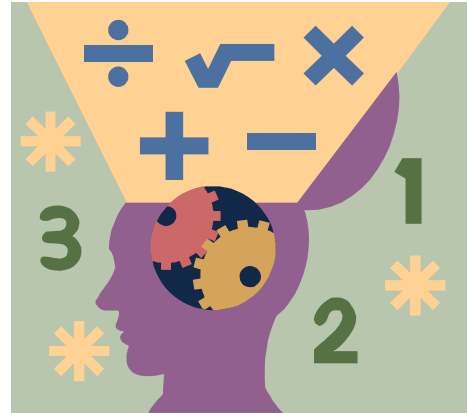


Nutrition & Wellness



Welcome Back to Breakfast – Feed your Brain!

Did you know that our brain's main source of energy is Glucose? Glucose is the sugar in our blood (blood sugar). Because our brain does not store reserves of glucose, it is sensitive to the drop in our blood sugar levels that result from our 8 or more hours of sleep.

The brain's supply of glucose needs to be refueled with a nutritious breakfast every morning to perform to its best ability. And this can be especially true for our children as they have smaller energy reserves, burn energy faster, and are more active than most adults.

So don't forget to feed your brain!

Kevin