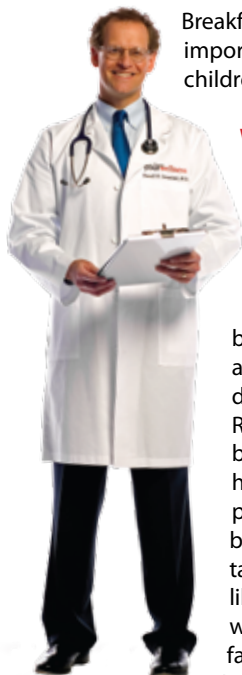


Harris Teeter **yourwellness™** Tip



Breakfast is often referred to as “the most important meal of the day,” especially for children!

What’s so special about Breakfast?

During the night your metabolism slows down to compensate for decreased activity levels. Eating breakfast sends a message to your body that the nightly “fast” is over, and boosts energy levels to get your day started.

Research has repeatedly shown that breakfast eaters do better in school, have greater concentration and problem solving abilities, experience better memory and mood, finish tasks more quickly, and are more likely to maintain a healthy body weight. This may all be due to the fact that breakfast provides energy, helps balance blood sugar, and keeps

appetite in check until lunch. The key to reaping all the benefits of breakfast is to make sure what you and your children eat is healthy.

Healthy Breakfast Choices for Children

- One cup HT low-fat yogurt with berries, sesame seeds, and a banana.
- A 6 oz fruit smoothie made with ground flaxseed, berries and HT soy milk.
- HT Wheat grain waffles, add blueberries, go light on the syrup and serve with a glass of HT skim or HT soy milk.



Comparison Shopping:

Harris Teeter® is proud to offer a number of "HT Brands" focused on meeting the needs of our customers. "HT Brand" means that the items are developed for and sold exclusively by Harris Teeter®. Our HT Brand programs are developed with our customers in mind and we insist on the highest quality at a good value.

Currently Harris Teeter® offers eleven different "HT" programs: Premier Selection™, HT Traders®, Harris Teeter®, Hunter Farms™, Top Care™, Harris Teeter Naturals®, More Value™, Highland Crest™, Harris Teeter Your Pet™, Harris Teeter Yourbaby™ and Harris Teeter Yourtots™. All of these programs carry the "100% Satisfaction Guarantee Plus" which means that if you are not completely satisfied with any Harris Teeter® Brand product, simply return it to any of our stores. With proof of purchase and a valid VIC card, you will happily be refunded your money, plus the item will be replaced with a like item of your choice - FREE.

When you purchase any Harris Teeter® items above, Harris Teeter® contributes a portion of those purchase dollars to the Together In Education program.

Harris Teeter has introduced several new items to our cracker section.

We now have our very own Cheese on Cheese Crackers, Peanut Butter on Toasted Crackers and Peanut Butter on Cheese Crackers! Compare to national brands to see what you can SAVE!



Stay tuned for the We Think GREEN results!

We look forward to your feedback, please help us by responding to these questions at tie@harristeeter.com

- 1-Do you feel there was enough communication about the We Think GREEN program?
- 2-Were the rewards an incentive for your school to compete in this contest?
- 3-What was your school's biggest challenge with this program?
- 4-Do you feel students gained further knowledge of how they can help the environment?

RECYCLE FACTS:

Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures a year! Ever heard of the Great Pacific Garbage Patch? It's twice the size of Texas and is floating somewhere between San Francisco and Hawaii. It's also 80 percent plastic, and weighs in at 3.5 million tons. (dosomething.org)

Link to our Together In Education account number at Harris Teeter

School: _____
Our TIE Account # is: _____

