

# WIN BIG WITH SCHOOL BREAKFAST

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## The big breakfast

This little girls named Emily, she always wanted to do a perfect breakfast with her parents but it took time she wanted to plan something to wonderful for them because she thought the needed it. So she had some free time during lunch, she asked her friend what she thought could be the perfect breakfast for her parents. Her friend Rosa said, "how about you make them home made food and decorate a little bit." Emily said, "wow what a great idea thanks." Later that day when Emily went home she went to sleep very early so she can wake up the next morning to make the breakfast. She woke up before her parents and made the breakfast after she got done decorating. She made eggs, bacon, waffles, and a fruit bole. Then she wrote a little note that said, "mom, dad i made this for you because i know how hard t is having to take care of me and go to work during this pandemic but that's why i'm giving you guys a break from work, me, and everything else yawl have to do." "Perfect" Emily said. So then she packed her bag made her lunch for school. She called this breakfast the " Big breakfast". Her parents came down the steps to a clean house and a amazing smell of food. As they came down they said," what is all of this" with a big smile on their face. She said," this was for you guys i really think you need a break from everything so do you like it?" they said," YES!" excitedly. So she told them to sit down at the table and eat. Emily had to go to school, so she caught the bus and this is the end of the story.

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## WITH SCHOOL BREAKFAST

### Win a Virtual Breakfast Party with a Cleveland Browns player!

Eating breakfast can help you score in everything you do. Kids who eat breakfast perform better in the classroom and have the energy to be active. Boost your brain power with the right foods to fuel your success!

How to Win Big:

1. Create a *Breakfast Masterpiece*: Draw a picture, take a picture, write an essay, create a collage, or write a poem about you eating school breakfast.
2. Submit your *Breakfast Masterpiece* one of two ways:
  - Post your *Breakfast Masterpiece* to Twitter, Instagram, or Facebook using the hashtag #NutritioninCle and tag @NutritioninCle
  - Use this form to enter your Breakfast Masterpiece and return it to your nearest school cafeteria.

Submit your Breakfast Masterpiece by **February 26th** to enter our competition to Win Big with a Virtual Breakfast Party with a Cleveland Browns player

