

*You know the feeling – you are running out the door in the morning. You need to eat but time is short. Skip breakfast and by mid-morning you will be starving and reaching out for a quick sugar hit. Not good.*

*Breakfast really does set you up for a great day. However, our busy lifestyles mean that brekky sometimes needs to be eaten on the go.*

*Check out these grab and go options – perfect for weekdays when time is not on your side.*



## Quick brekky ideas:

- Fruit tubs
- Yoghurt sachets
- Overnight oats (aka **Bircher Muesli**) – soak rolled oats in water. Mix through yoghurt and grated apple. Top with chopped fruit or frozen berries. Portion out into single serves and keep in containers.
- Blitz a smoothie – start with fruit (frozen works well) and/or vegies, add rolled oats and milk or yoghurt. Take in the car or bus with you.
- **Brekky bites** – dates, oats, seeds and peanut butter blitzed in a food processor and rolled into balls. These will keep for up to a week in the fridge. Grab a couple on your way out the door.
- Tetra pack of milk
- Piece of fruit – mother nature's ultimate on-the-go food

## Some breakfast foods to keep on hand at work:

- Oat sachets
- Raisin toast (store in the freezer for a longer life)
- Tin of baked beans
- Yoghurt tubs
- Fruit – fresh or tinned
- Wholegrain cereal such as muesli with reduced fat milk

Looking for more ideas for healthy foods in a hurry? Go to our website for recipes and info sheets to make healthy eating easy and delicious

[www.actnss.org](http://www.actnss.org)