

get going, get breakfast!

Lots of us tend to skip breakfast in the mornings because we're not hungry, or we're in too much of a rush.

But it's easier and quicker than you think to get a great start to the day!



Set the table the night before for a sit-down breakfast, to save time in the morning.

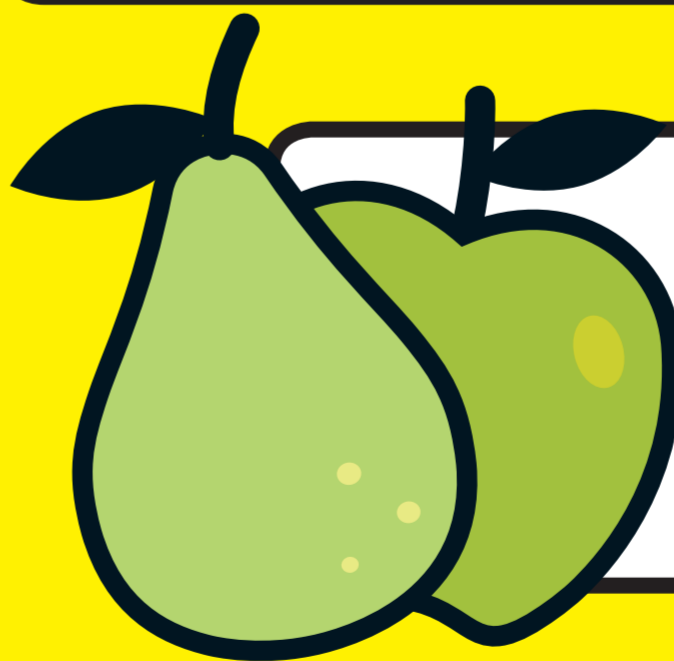
Keep a stock of food that is easy to grab on the way out. Little bags of dried fruit, cartons of fruit juice and slices of fruit bread are all great.



Take something with you for later if you're not hungry first thing.



Try a piece of fruit for the perfect pocket snack.



Fruit smoothies are packed with good things, if you only fancy something light.



Please write your own handy hint here: