

KIDS CORNER

Activities To Help Kids Start The Day On The Right Foot

(NAPSA)—Here's some news parents will enjoy waking up to. Now there's a new way for parents to provide their kids with stimulating activities that promote healthy eating habits.

Chock-full of colorful arts and crafts ideas and interactive options, the Cre8tivity Corner Web site is designed to entertain kids while educating them about the benefits of eating a cereal breakfast each day.

Studies confirm that eating breakfast such as cereal can directly affect a child's energy levels, memory and focus. Taking the time to eat a bowl of cereal before they leave the house may help children do better in school and enjoy play time more.

The site's highlights include:

- Teasers and crossword puzzles to keep kids exercising their brains
- A new kind of recycling program: ideas to turn empty cereal boxes and milk jugs into cool art projects
- Placemat templates to be printed out and personalized to make breakfast time fun
- Fun Facts on how breakfast can fuel the day



A new site for kids provides fun activities and promotes healthy eating habits.

- A personalized shopping list for kids to play an active role in planning breakfast.

The site also includes features that stress the importance of parental involvement—even in something as easy as sharing breakfast with their children.

Cereal can provide a simple way for families to start the day together and for parents to help their children work toward getting the recommended daily allowance of vitamins and minerals.

The one-stop Web site to keep kids busy and on the right track is just a click away at www.americancerealcouncil.org.