



# A healthy brekkky is easy as

**Peel** a banana

**Pour** milk on cereal

**Pop** grainy bread in  
the toaster

Sharing a healthy brekky is a  
great way to start the day.

It's quick, simple and  
everyone will love it.

Visit [opal.sa.gov.au](http://opal.sa.gov.au)



Government  
of South Australia  
SA Health



Australian Government



MID MURRAY COUNCIL

OPAL is a joint program of Australian, State and Local Governments.