

# THE POWER OF BREAKFAST



## EAT UP

*Join us for another educational edition of the Nutrition News with award-winning pediatrician, author, and keynote speaker, Dr. Jill Garripoli Pedalino.*

## FUEL UP

*Dr. Jill and Pomptonian's Corporate Dietitian, Toni Bowman, will be discussing the importance of fueling up every day before you head out the door with a nutritionally balanced meal.*



## GET UP AND GO!



*Toni B.  
the RD*



*Dr. Jill*

*Check out our latest video  
"The Power of Breakfast"*



  
**POMPTONIAN**  
FOOD SERVICE