



Make Time for Breakfast!

Become a supporter and sign our pledge!



Sign our pledge today at www.breakfastisbest.eu

24 April 2012
European Breakfast Day

Brussels

Healthy lifestyle choices and combating health inequalities are at the forefront of European and national policy agendas. Encouraging more people to make time for breakfast is a simple but effective way of bringing significant short and long-term health benefits to millions of Europeans.

Sign the Pledge to Make Time for Breakfast!

In the coming weeks and months, people across Europe are pledging to **Make Time for Breakfast**. The **European Breakfast Pledge** calls on European leaders to come together to promote and encourage their fellow citizens to start every day with a balanced breakfast. Find out more about our groundbreaking campaign and kick start a healthier lifestyle by signing our pledge today at www.breakfastisbest.eu

Celebrate Breakfast on European Breakfast Day!

On 24 April 2012, the **Breakfast is Best** campaign will mark the first **European Breakfast Day** – to encourage people across Europe to make time for breakfast and be ambassadors for breakfast at home, in the workplace and in local communities.



EUROPEAN
FEDERATION OF
THE ASSOCIATIONS
OF DIETITIANS

