

INSIGHT

WTC COMMUNITY WEEKLY



Valentine's Photo Competition

Exclusive for Working Moms
community members only!

Submit your Baby Love photo
on Instagram, follow and tag
@wtc.jakarta with hashtag
#WTCWorkingMoms

To register yourself as a
member, click on
bit.do/wtcworkingmoms
to receive an invitation to the
group chat

Win shopping vouchers
worth Rp1.000.000 for 5
best photos

National Breakfast Week

We've all heard that *'breakfast is the most important meal of the day'*. But do you know that it dates back to the 19th century as a cereal marketing slogan?

Breakfast breaks the overnight fasting period. It replenishes glucose supply to boost energy levels and alertness and provides other essential nutrients required.

According to Mayo Clinic, the core of a healthy breakfast includes whole grains, lean protein, low-fat dairy, fruits and vegetables; providing complex carbohydrates, fiber, protein and a small amount of fat – a combination that packs health benefits and helps you feel full for hours.

So what's your favourite kind of breakfast?

Yours trully,
the community editor