

# 3 Savvy Ways to Simplify Breakfast

(Family Features)

While it is widely known that starting your day with a balanced, nutritious breakfast can have a positive impact on overall health, it may be difficult for some people to make it a priority. Whether you generally run low on time in the mornings or have little ones to keep on track before heading out the door, it simply isn't always an option to piece together a grandiose morning meal.

Rather than overhauling your lifestyle, consider some simpler ways to incorporate breakfast into your daily routine. These tips can help you start the day strong - and on time - without sacrificing the day's first meal.

## Prep the Night Before

Not everyone is fortunate enough to have ample time in the morning to prepare what some studies consider to be the most important meal of the day. If you're typically short on time before heading out the door, prepare breakfast the night before so you can ensure you're starting each day with proper fuel and nutrition. Even if it's as simple as setting out a bowl, spoon and your favorite cereal before you go to bed, you can set yourself up to shave a few minutes off your morning routine.

## Take It To-Go

If your kids are a handful or that snooze button is just too easy to reach each morning, sitting down at the table - even for a quick breakfast - might be out of the question. Preparing in advance by packing a to-go container with your favorite morning foods can be a simple solution to keep everyone happy without adding more strain to the day.

## Keep It Simple

Breakfast doesn't have to be elaborate to get your day going in the right direction. Simple options like avocado toast take little time to create yet can go a long way toward adding nutrients in the morning. For a different spin on traditional avocado toast, combine it with a unique taste like Sabra Classic Hummus, which can help you add fiber and protein before the day truly begins. Even if you aren't an avocado person, just by swapping out the jelly you might put on your morning toast for hummus instead can help you reduce sugar intake without compromising on taste.



Find more solutions to busy days and recipes for any occasion at [sabra.com](http://sabra.com).

## Hummus Toast

- 2 tablespoons Sabra Hummus (any flavor)
- 1 slice whole-wheat or hearty bread, toasted
- 1/2 cup avocado, sliced
- 1 sliced radish
- 1/4 cup tender arugula
- 1 tablespoon chopped pistachios
- salt, to taste
- pepper, to taste

Spread hummus on toast.

Top with avocado, radish, arugula and pistachios.

Sprinkle with salt and pepper, to taste.

#14153

Source: Sabra

# 5 Ways to Promote Gender Equality in the Workplace



(Family Features)

Although women are making strides in the corporate world, there is still work that can be done to level the landscape.

Research from Catalyst, a global nonprofit focused on empowering and accelerating women in business, shows the needle is moving, albeit slowly. In nearly 10 years, the number of women in senior roles in the United States increased just 1 percent. At Standard & Poor's 500 index companies, overall women's representation is far behind: 5.2 percent CEOs, 11 percent top earners and 26.5 percent senior-level officials and managers. Less than 5 percent of senior level positions are held by women of color. Men still lead more than 95 percent of the most powerful companies in the United States.

If you're looking for ways to promote change in your workplace, explore these five steps that can help build a work environment where everyone can advance and succeed:

Engage in programs that celebrate women of color. Tap into resources that honor women in leadership and foster growth for aspiring women leaders from racially and ethnically diverse backgrounds, such as those available through Catalyst. The nonprofit offers a host of ongoing workshops, programs, trainings and consulting services designed to promote inclusive workplaces, along with events around the world. For example, the "Catalyst Skyline Takeover," which is a visual realization of the international business community's commitment to greater diversity, inclusion and gender equality in workplaces around the world, features dozens of global companies "lighting up" their buildings with the female symbol.

Assess and formalize pay scales. As numerous studies indicate, wage disparity is one of the most obvious signs of inequality in the workplace. A fair pay scale outlines specific responsibilities and corresponding compensation rates, and can be applied to roles across the board regardless of race, gender or other potential discriminatory factors.

Ensure growth opportunities exist. Leveling the pay scale is an important step, but ensuring equal access to the positions at the higher end of that scale is an essential supporting move. Simply saying you'll pay a woman the same as a man in the same job falls short if all candidates, regardless of gender, race or ethnicity are not given the same chance to compete for more senior positions.

Implement mentorship programs. Positive role models can give future leaders the vision to dream big and the guidance to make those dreams a reality. Putting aspiring women leaders in close contact with other women who have attained success in their field helps set a course toward achievement. It also helps men to advance and develop unbiased leadership. Since the majority of business leaders are currently men, change for women can only be accelerated if all those in leadership positions work together.

Support parental involvement. Historically, the issue of parenting and the workforce has been dominated by discussions around maternity leave policies, but more recently that dialogue has evolved. Men, too, desire more time with their families, and through equal parental leave policies, workplaces can allow women and men within all types of family structures to thrive in their careers and at home.

Find more resources and recommendations for promoting workplace equality at [catalyst.org](http://catalyst.org).

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Source: Catalyst

