



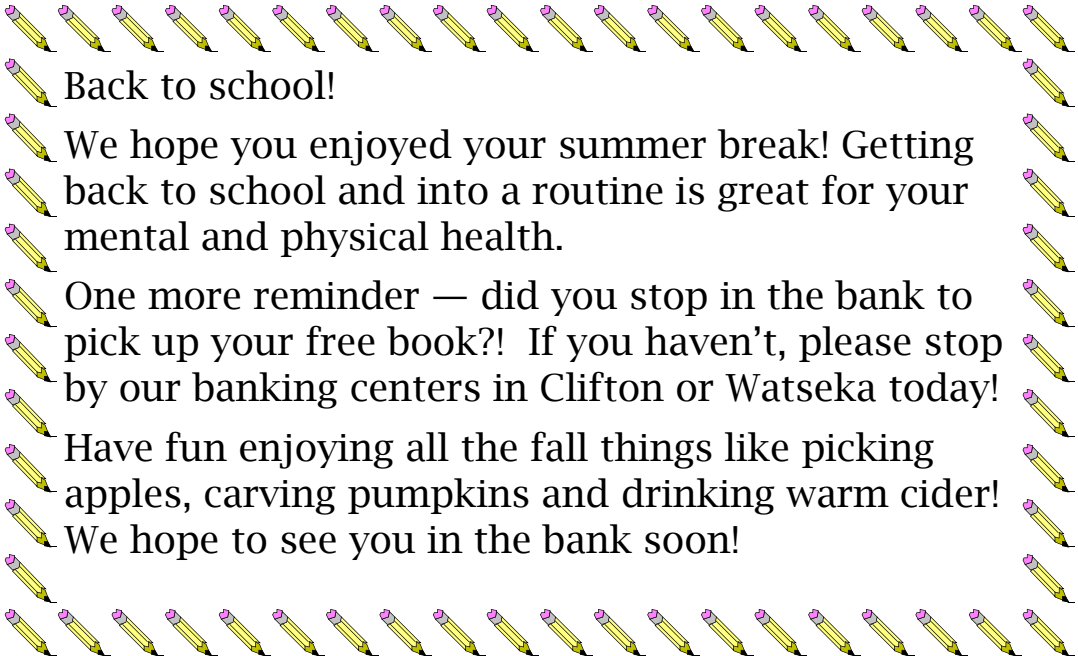
First Kids Club

Volume 18, Issue 3
September 2024

The First Trust and Savings Bank
Watseka and Clifton

Fall Newsletter!

Dear First Kid...



Back to school!

We hope you enjoyed your summer break! Getting back to school and into a routine is great for your mental and physical health.

One more reminder — did you stop in the bank to pick up your free book?! If you haven't, please stop by our banking centers in Clifton or Watseka today!

Have fun enjoying all the fall things like picking apples, carving pumpkins and drinking warm cider! We hope to see you in the bank soon!

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Joke of the quarter:

Why did the bird fly into the library?

It was looking for bookworms.

Hey Mom & Dad!

Did you know??

We have a Facebook page!

<https://www.facebook.com/FirstTrustandSavingsBank/>

Follow our page for fun facts, tips on saving and budgeting, and more! Get to know us better and see how we give back to the community. Of course, Facebook will never replace hometown service, so don't forget to swing by our banking centers in Clifton and Watseka. **LIKE** us on Facebook today!



Feature Story: 7 Foods to Fuel Your Brain!

Below are seven foods to help kids stay sharp and help the brain develop healthy...

1. **Eggs** — contain protein, which helps you concentrate. You can eat eggs scrambled with cheese!
2. **Greek Yogurt**—contains fats that are good for you, and they keep your brain cells in good form for sending and receiving information. Add a few berries to sweeten it up!
3. **Greens**—like spinach and kale can help prevent memory diseases

later in life. They are packed with antioxidants and other things to help new brain cells grow. Mix these greens in a fruit smoothie!

4. **Fish**—is a good source of Vitamin D and omega-3s which protect the brain from memory loss and declining mental skills. Fish can be served with dipping sauce or in as a taco!
5. **Nuts and seeds**—are packed with vitamins and minerals and can help boost your mood and keep your nervous system in

check. Peanut butter is a favorite of most kids!

6. **Oatmeal**—has lots of fiber and protein to keep your heart healthy and helps your brain stay healthy. Sweeten oatmeal with a dash of sugar!
7. **Apples and plums**—have antioxidants and taste sweet, which is a bonus for kids!



Fun & Games!



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