



Brighten Your Day with Breakfast

Breakfast is important for adults and kids. Enough sleep, regular physical activity and healthy food provide energy to keep your body going throughout the day.

Eat breakfast!

- Be a good role model for your children - eat breakfast!
- Eating breakfast regularly:
 - ◆ helps maintain a healthy body weight; and
 - ◆ may lower your risk for certain diseases.
- Children who eat breakfast:
 - ◆ get along better with others;
 - ◆ have better focus and concentration; and
 - ◆ get better grades.
- No time to cook breakfast? Leftovers make a quick and nutritious breakfast!



Kids' Corner

Easy Egg Cups

These kid-friendly egg cups can be made a day ahead. Pack into baggies for kids to grab-and-go on their way out the door – they are delicious served warm or cold.

Preparation time: 10 minutes

Cooking Time: 25 minutes

Makes: 4 (1 muffin cup) servings

Ingredients:

3 eggs

¼ cup chopped broccoli

1 teaspoon finely chopped onion

½ cup shredded cheese

½ cup of diced meat (such as ham or cooked chicken)

Dash of salt and black pepper

Cooking spray

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 375 degrees F.
3. Spray 4 cups in a muffin pan with cooking spray.
4. In medium bowl stir eggs with a fork until mixed.
5. Stir in shredded cheese, onion, broccoli, and meat.
6. Add a dash of salt and pepper.
7. Pour egg mixture evenly into muffin cups.
8. Bake 20 minutes or until eggs are set in the center.
9. Cool 5 minutes, then remove from muffin pan.
10. Serve warm or cold.
11. Refrigerate leftovers up to 3 days.
12. Egg cups can also be frozen and reheated in the microwave.



Be Active

Have fun in the snow! Bundle up on cold days and head outside. Running around helps keep kids warm and burns energy.

- **Target Toss** – Create a target on a piece of cardboard (see picture). Give each colored ring a point value. Take turns tossing snowballs or pine cones at the target.

Keep track of your score – the person with the highest score after 5 tosses wins!

- **Snowball Roll** – It only takes one snowball per person to play this game – the goal is to see who can make the



largest snowball! Each person starts with a small snowball and just keeps rolling to make it as big as possible. The fun continues as you watch to see whose snowball takes the longest to melt.

Make-It-Your-Way Oatmeal

Fill tummies on a cold day with easy-to-make, hearty oatmeal. Oatmeal is a satisfying, heart-healthy whole grain.

Preparation Time: 3 minutes

Cook time: 5 minutes

Makes: 4 (1 cup) servings

Ingredients:

4 cups water or milk

¼ teaspoon salt

2 cups old-fashioned oatmeal

Optional toppings (see list for ideas)

Directions:

1. Wash hands with soap and warm water.
2. In a medium pan, bring 4 cups of water or milk and ¼ teaspoon of salt to a boil.
3. Stir in 2 cups of old-fashioned oatmeal.*
4. Reduce heat to medium low and cook for 5 minutes, stirring occasionally.
5. Remove pan from heat.
6. Cover and let stand for 2-3 minutes to thicken.
7. Serve in bowls with toppings.
8. Refrigerate any leftover oatmeal and reheat the next day in the microwave.
9. Optional: make oatmeal the night before and refrigerate for a quick breakfast in the morning (warm in the microwave before serving).

Optional toppings:

- Dried fruit such as raisins, dried cranberries, or apricots
- Fresh fruit such as berries, sliced bananas, diced apples or pears



- Sweeteners such as brown or white sugar, syrup or honey**
- Chopped nuts or sunflower seeds***
- Milk or yogurt
- Pumpkin butter or applesauce
- Sprinkle of ground cinnamon or ground nutmeg

* If using quick cooking oatmeal, reduce cooking time to 1 minute. Old-fashioned and quick cooking oatmeal are both healthy options. Cooking your oatmeal on the stove and adding your own toppings is a healthier and cheaper option than buying individual flavored packets of oatmeal that are often high in sugar.

** Don't serve honey to children under the age of 1.

*** Nuts and seeds can be a choking hazard to young children. Don't serve nuts and seeds to children age 4 and younger.



Ways to Save at the Grocery Store

- Look for deals such as “buy one, get one free,” sales in weekly papers, and coupons.
- Shop on double coupon days.
- Store brands are often less expensive than national brands; however, it's important to always compare prices of similar products.
- Sign up for store loyalty cards for added savings.



If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.

American Academy of Pediatrics, <http://www.healthychildren.org>; Choking Prevention • Academy of Nutrition and Dietetics, <http://www.eatright.org>; 5 Reasons for Your Teen to Eat Breakfast • USDA, <http://foodsafety.gov>; Egg Storage Chart
USDA, <http://choosemyplate.gov>, Focus on Foods You Need • USDA, <http://choosemyplate.gov>, What Foods Are in the Grains Group • USDA, <http://choosemyplate.gov>, MyPlate Tips to Stretch Your Food Dollar
Produce for Better Health Foundation, <http://fruitsandveggiessmattermore.org>, Breakfast is the Most Important Meal of the Day

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program-EFNEP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact (888) 818-0063.

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