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.

**Note:** Any leftover, frozen or fresh veggies could be used.

**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.


Health and Education

Education and Nutrition

Supplemental

Programs

Expanded Food
and Nutrition
Education Program

Vol. 4, No. 2

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, blind, or have speech disabilities can file a civil rights complaint in the form of a Braille letter, oral communication or using federalrelay service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.), please contact USDA’s Target Center at (202) 690-0000 (voice and TDD).

This material is 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 (800) 221-5689, which is also in English or in Spanish at (800) 536-5298.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP hotline number at (888) 818-0063, which is also in English or in Spanish at (800) 536-5298, or contact the State Information/Hotline Numbers at (800) 536-5298.

USDA is an equal opportunity provider and employer.