



NEWS RELEASE

December 2000

Holiday Breakfasts Made Easy

Your traditional overnight holiday guests will soon be arriving. You love your family and friends but the thought of being a short-order breakfast cook for a house full of company is already making you tired. If you could just sleep in Or visit with your loved ones over a leisurely cup of morning coffee Uncle Ted and Aunt Martha wake up at 5:00 a.m. Your friend Julie sleeps until 10:00 a.m. And your cousins, who stay up all night talking, may crawl out of bed sometime before noon.

Have you thought about planning ahead for a self-serve breakfast buffet so you could enjoy a few relaxing, stress-free holiday mornings with your family and your overnight houseguests? Here are some tips to help you get started.

- Before you go to bed, set up a special breakfast buffet area with plates, silverware, glasses and cups (use paper and plastic for easier clean-up).
- Train Uncle Ted and Aunt Martha (the early risers) to make coffee in your kitchen. Then you can sleep just a little later!!!
- In the morning, keep water heated in a large coffee pot and arrange an assortment of individual beverage packets in a festive basket (hot chocolate, regular and herbal tea, and flavored coffees).
- Buy individual boxes of cereals in variety packs.
- Place sugar near by and let all your houseguests know they are welcome to use the milk in the refrigerator.
- Set out bananas, apples, oranges, and mini boxes of raisins for either cereal toppings or for just eating.
- Put a couple flavors of 100% juice in your refrigerator and invite your guests to help themselves.

Don't forget the whole grain breads and bagels. Include a cutting board, knife, and toaster in your buffet arrangement. Fancy jams and jellies, squirt margarines, peanut butter, and other fancy spreads can be kept in the refrigerator and set out as needed.

Source: Henneman, A. *COOK IT QUICK! Take the Hassle Out of Feeding Breakfast to Overnight Guests*. University of Nebraska Cooperative Extension in Lancaster County, 2000.

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