

# KidFood

October  
2016

Healthy Eating for Today's Kids



## Breakfast Every Morning

### Start every day with breakfast.

Breakfast helps boost you and your child's energy all day long – busy moms need energy!

You and your child will feel better.

### Develop an appetite for breakfast every day.

- 😊 Peanut butter on whole wheat toast topped with banana slices.
- 😊 Bowl of breakfast cereal or oatmeal with milk. Top with sliced fruit – bananas, strawberries, blueberries.
- 😊 Flavored yogurt with whole grain breakfast cereal.
- 😊 Pancakes or waffles topped with applesauce, flavored yogurt, or warm fruit.
- 😊 Ham and cheese quesadilla.
- 😊 Peanut butter spread on a whole wheat tortilla. Top with banana or strawberry slices. Roll up and eat.
- 😊 Warm brown rice topped with yogurt.



### Any healthy food can be a breakfast food.

#### Egg Burritos

Roll up scrambled eggs and a sprinkle of cheddar cheese in a whole wheat tortilla.

#### Egg Sandwich

Top whole wheat toast with egg salad.

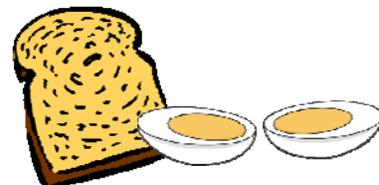
#### Scrambled Eggs

Serve scrambled eggs with whole wheat toast. Add chopped ham or smoked turkey to scrambled eggs.

*Try something fun – serve scrambled eggs in a coffee cup and eat with a spoon.*

#### Peel and Eat Eggs

Peel a hard cooked egg and serve with whole wheat toast.





## Make It Small and Fun!

### Mini Omelet

1. Crack and beat one raw egg in a bowl.
2. Heat skillet over medium heat.
3. Add egg to skillet to create a round omelet. Cook for ½ minute on each side.
4. Top with your favorite toppings – chopped ham or cooked chicken, shredded cheese and cooked veggies.
5. Fold omelet into half circle and serve.

### Mini Pancakes

1. Heat skillet.
2. Pour pancake batter into skillet creating small pancakes.
3. Flip pancakes and cook on both side.

### Mini Muffins

1. Use a baking tin with small muffin holes to make blueberry or apple muffins.

### Mini Potato

1. Bake a tiny potato in the microwave.
2. Top with scrambled egg, chopped ham or turkey, or cooked veggies.

## Eat Breakfast with Your Children

- ☺ Don't like to eat breakfast? Start with a small breakfast. Your child will copy what you do, not what you say.
- ☺ Breakfast does not have to be fancy – whole wheat toast and juice can be a quick breakfast for your family.
- ☺ Eat something within an hour after getting up. You and your child need energy after sleeping 7 to 10 hours.
- ☺ Keep breakfast interesting. Try a variety of breakfast ideas with your family.
- ☺ Eat a simple breakfast on busy days. Try something new when you have time.



## Skip the Sweet Foods at Breakfast

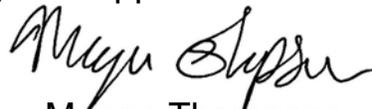
Sugary foods like donuts will make your child's energy drop fast during the morning - he will feel cranky and tired.



**Due to budget cuts, the Nutrition BEST program is no longer funded and will end October 31, 2016. This is your last issue of KidFood.**

**Nutrition BEST** (Better Education, Skills, and Training) was offered through the University of California Cooperative Extension in Placer County. Since its inception in 2001, many parents, providers, and others in the community have benefited from the educational messages and resources targeting families with children 0-5 years old and other care providers. The program was supported locally by First 5 Placer County Children and Families Commission.

We thank you for your support and interest in our program.

  
Megan Thompson



**The last issue of KidFood will be October 2016.**

Check out these additional newsletters that UC CalFresh Nutrition Education Program provides.

**Preschool Nutrition News**

*A quarterly newsletter to help preschool teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)*

**Nutrition News**

*A quarterly newsletter to help teachers and administrators be aware of how important it is to maintain a healthy lifestyle for themselves and their students. (English only)*

**Shop Smart, Eat Well**

*A quarterly newsletter for CalFresh recipients and anyone interested in stretching their food dollars while maintaining a healthy diet. (English and Spanish)*

**Food Safety Update**

*This quarterly newsletter provides up-to-date food safety information. (English only)*

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**What Can You Do?**

- Eat breakfast with my children.
- Make mini omelets, pancakes, muffins, or potatoes.
- Prepare a breakfast food using whole wheat tortillas.
- Other: \_\_\_\_\_



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