

Start Smart Eating & Reading Breakfast Bites

TIPS AND IDEAS FOR BUSY FAMILIES

NOTE TO PARENTS

Your child is learning that breakfast is when you eat, not what you eat. A wide variety of nutritious foods can be eaten for breakfast.

Start Smart Eating & Reading is a program that teaches your child the value of breakfast. Please take time to ask your child about breakfast. This newsletter has activities, games and recipes that you and your child can share.

Wrap Up! 10 Ideas for Healthy Wraps

Wraps are a fun and easy way to combine foods into tasty meals for breakfast, lunch or dinner. Start with a tortilla (flour, whole wheat or corn). Add desired filling, roll up and eat!

Some ideas for fillings:

1. Cooked apples, cinnamon and "lite" cream cheese
2. Peanut butter, banana slices and a dab of honey
3. Grated cheese and salsa
4. Romaine lettuce, Caesar dressing and chunks of tuna or chicken
5. Grilled vegetables
6. Scrambled eggs, hash browns and onions
7. Pasta sauce, grated mozzarella and black olives
8. Black beans, corn and salsa
9. Shrimp or crab, cream cheese, cocktail sauce
10. Red beans, rice, chopped tomatoes and a drop of Tabasco sauce

A Balancing Act

A balanced breakfast includes a variety of food groups: (1) Fruits, (2) Vegetables, (3) Milk, (4) Grains, (5) Meat & Beans. A meal that includes a variety of foods will stay with your child longer. If your child is well fed, he or she will also do better in school.

Examples

- ⦿ Bowl of cereal with low-fat milk and a glass of orange juice
- ⦿ Slice of cheese pizza and an apple
- ⦿ Vegetable soup, crackers and low-fat milk
- ⦿ Pancakes, strawberries and low-fat yogurt
- ⦿ Rice, fish and vegetables
- ⦿ Eggs, toast, a melon wedge, and low-fat milk

"I don't like breakfast!"

Have you ever heard your child say this in the morning? It may be that he or she doesn't like so-called "breakfast" foods. You may be relieved to know that it is perfectly OK to eat all kinds of foods such as sandwiches, soup or leftovers.

The important thing is that your child eats in the morning!

Reading about eating... check it out!

Good Morning, Let's Eat!, by Karin Luisa Badt (©1994, Children's Press).

What do people in other countries eat in the morning? This children's book features descriptions and photographs of the breakfast habits of people around the world.

What's for Breakfast?

Unscramble each word. Then use the marked letters to solve the second puzzle.

TOAC

9			4

RIEC

11	12		14

ANOREG

	2		3		

IMLK

1		15	7

GEG

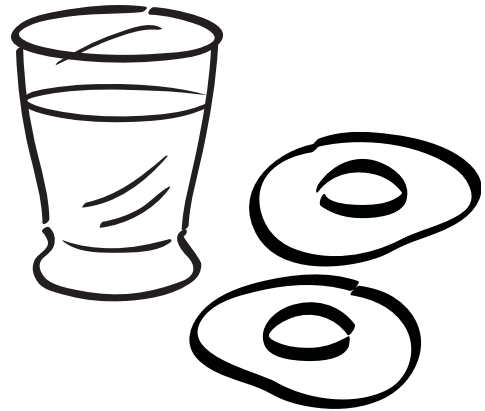
8		13

PTATOO

	10		6		5

Word List:

- EGG
- MILK
- ORANGE
- POTATO
- RICE
- TACO



			Y
1	2	3	

F			D	S
	4	5		

M			
	6	7	8

	M					
9		10	11	3	12	3
				13		

M				!
	14	2	15	

Good Eating Tips:

- ⦿ To avoid feeling rushed in the morning, plan the breakfast menu with your child the night before.
- ⦿ Have breakfast with your child. You will start the day together on a positive, healthy note!

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area.