

# Start Smart Eating & Reading Breakfast Bites

TIPS AND IDEAS FOR BUSY FAMILIES

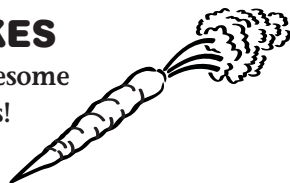
## NOTE TO PARENTS

Your child is learning that it is important to eat fruits and vegetables every day. Breakfast is a great time to fit in a serving of fresh, frozen, or canned fruit, vegetables, or juice.

*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.

## RABBIT PANCAKES

Kids will love these wholesome oatmeal/carrot pancakes!



### INGREDIENTS:

½ cup all-purpose flour	:	1 tsp. baking powder
½ cup quick-cooking oats	:	½ tsp. baking soda
¾ cup buttermilk	:	½ tsp. salt
½ cup milk	:	1 egg
1 Tbsp. vegetable oil	:	½ cup grated carrot
1 Tbsp. sugar	:	
	:	

### DIRECTIONS:

- ☉ Beat all ingredients in a medium-sized bowl with a hand beater until smooth.
- ☉ Spray griddle with non-stick cooking spray. Heat griddle. (To see if griddle is hot enough, sprinkle with a few drops of water. If bubbles skitter around, heat is just right.)
- ☉ For each pancake, pour about ¼ cup of batter onto the hot griddle.
- ☉ Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
- ☉ Serve with applesauce, fresh fruit or yogurt if desired.

## 10 Ways to Get More

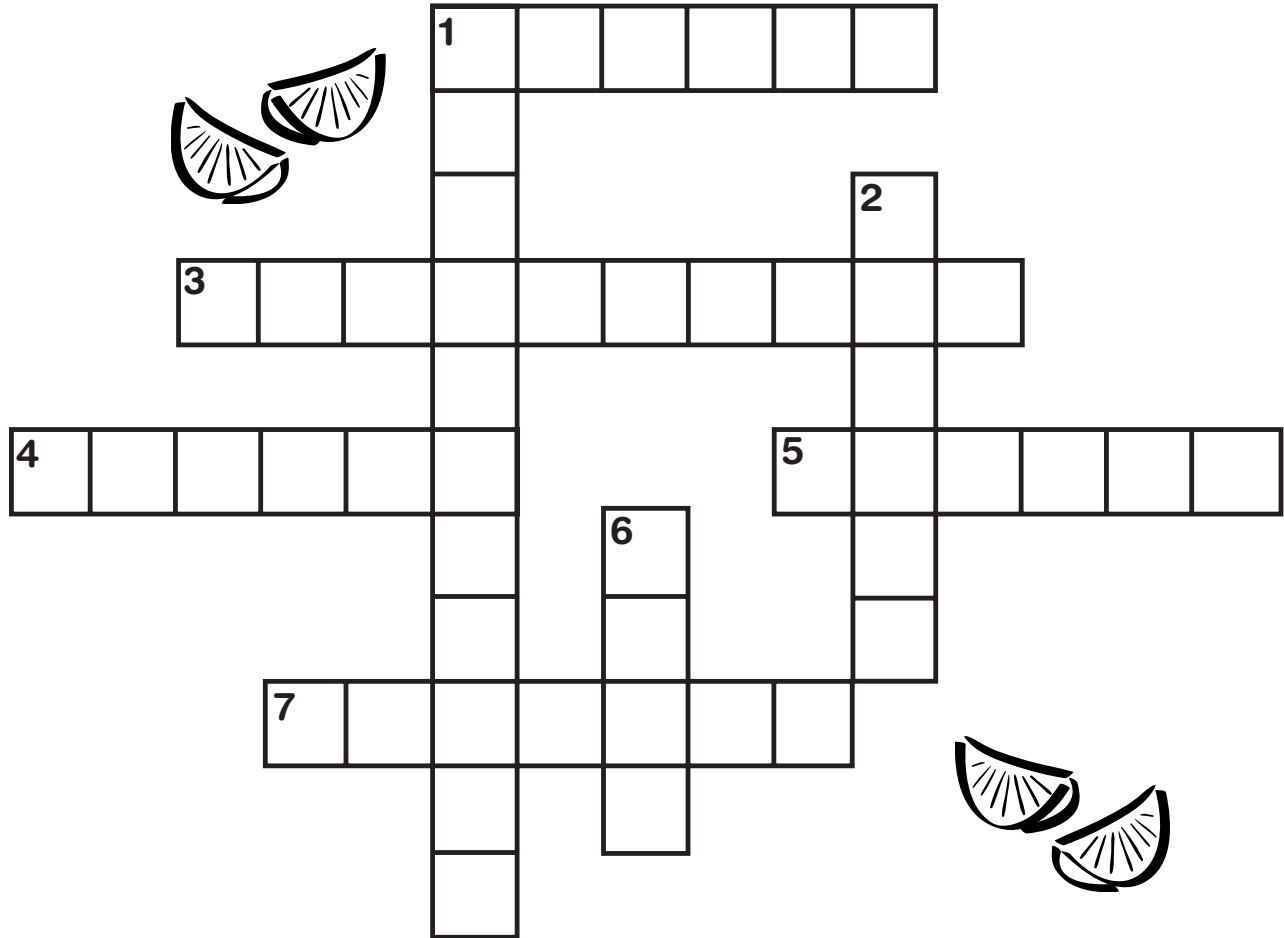
1. Begin the day by serving a fruit, vegetable or glass of 100% juice at breakfast.
2. School lunches offer fruits and vegetables every day. Kids who eat at school are more likely to get enough.
3. If you pack your child's lunch, make sure there is an easy-to-eat fruit or vegetable included. Examples include baby carrots, grapes, bananas, celery sticks or applesauce.
4. Offer cut-up fruits and vegetables for after-school snacks.
5. Allow your child to pick out a new fruit or vegetable to try at the grocery store.
6. Plant a garden with your child. Your child will be excited to taste the fresh produce that he or she helped grow.
7. Make smoothies and freezer pops by blending fruits such as bananas, berries, and "lite" canned fruits.
8. Add extra vegetables to your child's favorite soup.
9. Popeye's favorite: Add finely chopped spinach to tomato-based pasta and pizza sauces.
10. Set a good example by eating your fruits and vegetables. They're good for you, too!

### Reading about eating ...check it out!

*Rabbit Food*, by Susanna Gretz (©1999, Candlewick Press). John is a young rabbit who won't touch his celery, tomatoes, peas, mushrooms or carrots. After a weekend with Uncle Bunny, John begins eating vegetables and also learns an amusing secret about Uncle Bunny.

# “Clue In” to Fruits and Vegetables

Complete the puzzle using the clues shown below:



## Across

1. Long and yellow, I’m “a-peeling” to monkeys.
3. I’m a fruit that’s red on the inside and green on the outside.  
Watch out for my seeds!
4. I’m a fruit that grows on a tree. My name and color are the same.
5. I grow under the ground. Bunnies (and kids!) like to eat me.
7. I’m green and I taste good in salads. I’m Popeye’s favorite.

## Down

1. We are round, sweet, blue and grow on a bush.
2. I’m a vegetable that’s round, red and juicy!
6. You can find us beside each other inside green pods.

**BANANA**  
**BLUEBERRIES**  
**CARROT**  
**ORANGE**  
**PEAS**  
**SPINACH**  
**TOMATO**  
**WATERMELON**

## Good Eating Tip:

Not all “fruit” beverages are juice. Check the label and look for 100% fruit or vegetable juice. Many of the beverages on store shelves are made of sugar and fruit flavoring and have little nutritional value.

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.