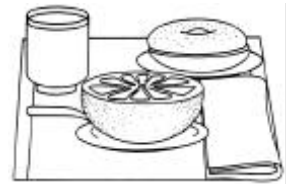




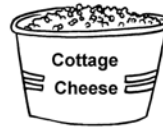
## No Time for Breakfast?



That's what many late risers say. But it needn't be so! Check out the ways you can build a breakfast around foods that are ready to eat or take little preparation time.

### ***Quick-to-fix Foods***

- Fresh, canned, or frozen fruit and vegetable juices. Fresh and frozen juices can be prepared ahead and stored in the refrigerator.
- Fresh, canned, or dried fruits.
- Milk, yogurt, cheese, cottage cheese, custard.
- Leftover poultry, fish and meat; canned fish such as tuna.
- Leftovers such as casseroles (macaroni & cheese), spaghetti, pizza, etc.
- Breads, muffins, rolls and the like.
- Quick-cooking and instant hot cereals.
- Ready-to-eat cold cereals.



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.

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