



Extension Nutrition Programs

FSNEP/EFNEP

Family Breakfast

For many families, the morning time is the only time that they are together.

Family Breakfast

If time is rushed, sometimes your family can only eat together once a week. If breakfast is the only meal that you can have together, it needs to be as special as an evening meal.

- Make the family breakfast a priority. Parents tell children that eating together is important and something that they will do as a family. Set the alarm and get everyone up.
- Set "rules" to keep conversations pleasant. Save arguments for another time.
- Plan table talk. What will happen today, what will tomorrow bring, does anyone have any news?
- Give everyone time to talk. Listen to each other. Only one person can talk at a time.
- Show children the respect and good manners that you want them to show you and others. Children learn by watching adults.
- Even special meals can be celebrated at breakfast – birthdays, holidays, and honoring a special person.

- For a family with early grade school children, *Nate the Great* books are popular. And his favorite food is pancakes.

The Food

- Breakfast foods are kid-pleasers that are easy and low cost.
- Keep basic ingredients on hand for the foods you eat at breakfast. Be adventuresome. Try food you do not usually eat for breakfast. Leftovers from dinner work well.
- Compare the prices. Many breakfast cereals are expensive. Save money by making hot cereal. Cornmeal, rice, and oatmeal are easy to prepare and good for breakfast. If time is a problem, make ahead, store in the refrigerator, and microwave.
- For a new taste try pancakes with applesauce or yogurt. Make a yogurt sundae. Layer fruit, yogurt, and crunchy cereal in a tall glass.



Splendid Breakfast Fruit Bowl (makes about 4 servings)

- 3 tablespoons frozen orange juice concentrate
- 2 medium apples, washed and diced with peel
- 1 orange, peeled and diced
- 1 banana, peeled and sliced
- Optional fruits: ½ cup grapes, 1 cup diced cantaloupe, watermelon, or other fruit in season

Place orange juice in a medium bowl. As fruits are prepared, add to bowl and toss lightly to cover with orange juice. Chill or serve immediately.

Breakfast Waffle Pizza

- 1 frozen toaster waffle
- ½ of 8-ounce carton plain or flavored yogurt
- ½ cup fresh, frozen or canned fruit, cut into bite sized pieces

Toast waffle. Cover toasted waffle with yogurt and top with fruit.

Breakfast Burrito

- 4 cups potatoes (fresh, frozen or precooked), finely chopped
- 1 onion, chopped
- 1 bell pepper (red or green), chopped
- 3 garlic cloves, pressed or finely chopped
- 2 eggs, beaten
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 Tablespoon vegetable oil
- Hot sauce or salsa
- 1 package flour or corn tortillas

In a large skillet, heat oil on medium-high setting. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check for doneness with a fork. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together. Wrap tortillas around the filling and top with salsa.

