

Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



Breakfast for Champions!

Eating a nutritious breakfast can help provide children with the energy they need to grow, play and learn.

Here are some things you can do ahead of time to prepare for weekday breakfasts:

- Plan breakfast the night before and get out some of the products you will need (i.e. bowls, spoons, dry cereal, etc.) to save time in the morning
- Hard boil a few eggs and keep in the fridge
- Buy boxed cereal (choose non-sugar coated varieties)
- Keep frozen fruit in your freezer for a quick smoothie
- Prepare and store a container of chopped fruit in your fridge
- Buy quick oats for making oatmeal in the microwave

Here are some quick and easy breakfast ideas you can serve at home:

- Oatmeal with cinnamon, apples, raisins and sunflower seeds and a glass of milk
- Cold cereal with milk topped with a chopped banana or blueberries
- A whole grain bagel with a slice of cheddar cheese and an orange
- A hardboiled or scrambled egg, sliced tomatoes and cheese on whole grain toast
- Whole wheat toast topped with peanut butter, WowButter or SunButter™ and sliced strawberries
- Yogurt mixed with frozen fruit (thawed) topped with muesli (or granola)

Remember, breakfasts do not need to be complicated! A simple breakfast that contains at least 3 of the 4 food groups like those listed above are all your child needs to start the day off right.