

fun for



fit families

Wake up with breakfast and Love

April

Make Every Bite Count...More Fruits & Veggies

Children who eat breakfast are healthy and happy.

They also play and learn better.

Don't let your child start his day without it!

Breakfast also creates happy memories.

There is nothing quite as comforting as waking to the smell of breakfast – those delicious smells can make children want to jump out of bed and run to the kitchen.

Start your child's day with pancakes.

Children love pancakes!

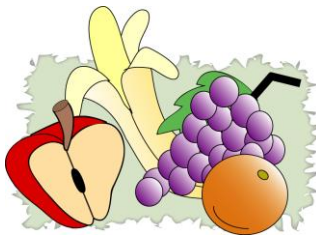
They are quick and easy to make.

Flavored Pancakes

Stir more flavor into your pancakes.

Add one of these ingredients to your batter:

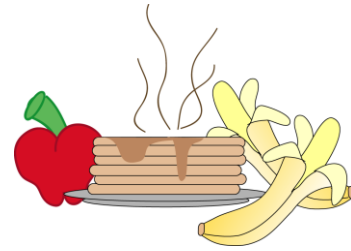
- ☺ Sliced bananas
- ☺ Berries – blueberries, raspberries or sliced strawberries.
- ☺ Finely chopped apples



Pancake Toppings

Try a variety of toppings!

- ☺ Top with peanut butter and sliced bananas.
- ☺ Top pancakes with fresh strawberries, raspberries or other berries.
- ☺ Top pancakes with fruit flavored frozen yogurt – try strawberry frozen yogurt.



Breakfast Fruits

Eating fruit for breakfast is a great start!

Drink a glass of juice.

Choose fruit juices that are 100% juice with no added sugar.

Limit juice to 4 to 6 ounces each day.

Enjoy juice at breakfast.

Drink water between meals.

Serve fresh or canned fruit on cereal.

Sliced bananas, strawberries, canned peaches or pears taste great on breakfast cereal.

Choose fruit canned in its own juice.

Eat fresh fruit

Enjoy fruits in season - bananas, apples, oranges, kiwi, pineapple, peaches, pears or berries.

Top pancakes, French toast or waffles with fruit.

Top with sliced bananas, applesauce, sliced peaches or pears, chopped kiwi or berries.

Top your child's favorite yogurt with sliced fruit or berries.

Top with crushed graham crackers or granola!

Enjoy this summer with your child!

Move More...Watch Less

- ☺ **Children love balls.**
All types of balls – large beach balls, soft balls, basketballs and soccer balls. Keep your child's balls in a large basket – ready to play with.
- ☺ **Play games with balls.**
Bounce, throw, roll or kick a ball to each other. Throw a ball at a target such as an empty box or basket.
- ☺ **Beach toys are fun for playing in the summer sand.**
Pails, shovels, trucks and other toys can be used to make castles, houses, rivers and dams.
- ☺ **Buy a Frisbee.** The whole family can have fun tossing and catching a Frisbee. Even the family dog can catch a Frisbee.
- ☺ **Children love to make toy trucks and cars move, and planes fly.** Buy small trucks, cars and planes that fit easily into your child's hand.



Blend a breakfast shake!

Use fruit when it is in season. Fresh strawberries, peaches and blueberries are wonderful treats during the summer months!

Breakfast Shakes

Make Every Sip Count...
More Healthy Beverages

- ♥ **Blend together 1 cup skim milk, ½ banana, 1 cup strawberries, and crushed ice.**
- ♥ **Blend together 8 ounces low fat yogurt and 1 cup orange juice.**
Try different flavors of yogurt.
- ♥ **Blend together 8 ounces low fat yogurt and 1 cup skim milk.**
Toss some berries into your shake and blend! Try blueberries, strawberries, raspberries or black berries.
- ♥ **Blend together 8 ounces low fat yogurt and 1 cup peaches, canned in juice.**

Get out your blender!

Try one of these breakfast shakes for a quick and healthy start!

If your family or friends want to buy a gift for your child, suggest an active toy!

This material was funded by USDA's Supplemental Nutrition Education Assistance Program (SNAP).

This institution is an equal opportunity provider and employer.