

# BREAKFAST BONANZA

Breakfast provides our children with fuel to function well throughout the morning. Concentration, attention span and problem-solving ability can suffer if your children do not eat in the morning. Make sure your children get a good start to their day, so they can learn their best. Consider getting involved in a Food For Kids breakfast club. Call 743-1000 for more information.

If your child doesn't eat breakfast, check out these breakfast excuses and solutions.

## BREAKFAST EXCUSE #1

No one in our family eats breakfast. We would all rather sleep later.

**Solution:** Give up 15 minutes of sleep and try some of the quick fast food ideas below. The whole family would benefit from the extra fuel boost of a morning munch.

### Fast First Thing Foods:

- Muffin, cheese and apple juice
- Peanut butter sandwich and milk
- Hard cooked egg, bagel and juice
- English muffin with melted cheese and an orange
- Walking Salad\*
- Blender yogurt and fruit drink

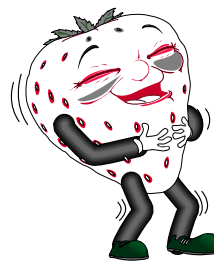
## BREAKFAST EXCUSE #2

My children hate cereal and toast, but it is such an effort to cook eggs and bacon.

**Solution:** Skip the traditional morning foods. No one said breakfast had to be boring!

### Try these ideas:

- Last night's leftovers - cold chicken on a bun with juice.
- Fruit milk shakes and rice cakes
- Rise and Shine Bananas\*
- Pita bread stuffed with cheese and ham and a glass of milk
- Toasted cheese sandwich and apple slices



## BREAKFAST EXCUSE #3

My daughter will only eat pre-sweetened dry cereal. Is that okay?

**Solution:** Breakfast cereals vary greatly in their nutritional value. The cereal grains themselves provide complex carbohydrate, fibre, B-vitamins, protein and iron and are naturally low in fat, salt and sugar. But ready-to-eat cereals often differ greatly from the original grain.

Follow these tips for choosing a high quality breakfast cereal. Then top it with fruit and milk for a great way to start the day.

- Look for a whole grain cereal. Cereals with 2 g. fibre or more make a good choice.
- Choose a cereal with 6 g. of sugar or less per serving. Remember, on the label, sugar can appear as sucrose, corn syrup, honey, glucose, dextrose and other words ending in "ose".
- If your child loves a pre-sweetened cereal, mix it half and half with a whole grain cereal.
- Be a salt detective. Look for cereals with no added salt.

## BREAKFAST RECIPES

### Rise and Shine Bananas\*

*Split banana lengthwise  
Cover with yogurt  
Sprinkle with granola*

### Walking Salad\*

*Core an apple  
Stuff with peanut butter  
Top with raisins*

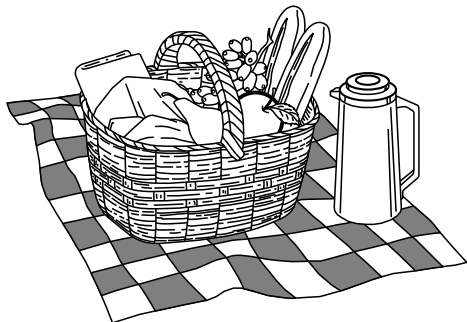
# LUNCH BUNCH

## Pack a Bunch of Lunch

For parents of school-aged children, the lunch crunch can be quite a challenge. Packing school lunches or serving them at home requires planning, creativity and help from your child.

The noon meal should contain at least one food from each of the four food groups of Canada's Food Guide. Mix and match from this lunchbox of ideas:

VEGETABLES & FRUIT	MEAT & ALTERNATIVES	GRAIN PRODUCTS	MILK PRODUCTS
apples	cold chicken or turkey leg	bread-oatmeal, rye, pumpernickle, fruit, cracked wheat	milk
bananas	cold salmon or tuna	bagels	yogurt
cherries	cold meat loaf or roast beef	rolls and buns	chunks of cheese
grapes	hot beef stew or chili	granola	cream soup made with milk
melon balls	baked beans	macaroni salad	milk-based custards or puddings
oranges	peanut butter	bread sticks	cheese strings
peaches	cold egg salad	rye crackers	cottage cheese
pears	3-bean salad	whole wheat crackers	minigo
juice-packed canned fruits	nuts and seeds	muffins	
fruit juice	hot lentil soup	pita bread	
broccoli	cold cuts like ham, pastrami, Montreal smoked meat, turkey or chicken breast		
carrots			
cauliflower			
celery			
cherry tomatoes			
green pepper rings			
zucchini circles			



## NO MORE LUNCH BAG LETDOWN

- Involve your child in the planning and preparation. Even young children can wash the fruit, fold the napkin and help mix the sandwich filling.
- Create lunchbox surprises by sending secret messages, stickers, or a new pencil crayon occasionally.
- Include variety each day - different colours, texture, shape and temperature.
- Pack the lunch so items are wrapped tightly and food doesn't get squashed.
- Use a wide-mouthed vacuum bottle to carry cold milk, hot soup, stew or chili.
- Make planned-overs such as baked beans, meat balls, or cabbage rolls.
- To keep food cold, use frozen bread to make sandwiches, and add a frozen juice to the lunchbox or use a small lunch-size freezer pack.

## SOME SCRUMPTIOUS SCHOOL LUNCHES

cold chicken leg  
fruit salad  
oatmeal muffin  
milk

chili con carne  
corn muffin  
bunch of grapes  
milk

pita salad sandwich\*  
banana  
cheese cubes  
apple juice

bran muffin  
cheese strings  
hard cooked egg  
apple slices  
milk

## PITA BREAD FILLINGS\*

- grated carrot, apple and peanut butter
- hard cooked egg with chopped celery and mayonnaise
- grated cheese, sprouts and tomato
- meatloaf, lettuce and mayonnaise
- baked beans, sprouts and chili sauce
- tuna, mayonnaise and relish