



The WV WIC Program Promotes Breastfeeding

WIC NOTES

WVDHHR/Bureau for Public Health/WV WIC Program

Give Your Family a Head Start To The Day with Breakfast!

Why Breakfast?

- Kids do better in school and are more alert when they eat breakfast.
- It lets kids be more creative and perform better with increased attention span and memory.
- Kids feel good and complain less of headaches and stomachaches from being hungry.
- Kids who eat breakfast miss fewer days of school and are late less often.
- It improves kids' behavior and attitude.
- Breakfast provides nutrients kids need to grow and develop.

For more information on these topics visit www.fns.usda.gov



Simple Weekday Breakfasts

Peanut Butter-Apple English Muffin

Split and toast a whole wheat English muffin. Spread each half with peanut butter and top with thinly sliced apples.

Egg and Cheese Bagel

Split and toast a whole wheat bagel. Meanwhile, beat an egg with a pinch of salt and pepper. Scramble the egg in a non-stick pan on top of the stove or cook it in the microwave. Top a toasted bagel half with the egg. Add a few slices of cheddar cheese and the other bagel half.

Peanut Butter Bananas

Sure to be a hit. Serve to kids over three-years-old-globs of peanut butter could be a choking hazard to little ones. On a plate put a peeled banana, a tablespoon of peanut butter, and small pile of cereal (Cheerios, Grapenuts, Kix). Each person will dip their banana in peanut butter then in cereal. Serve this with a glass of milk.

Sitting down for a family breakfast is just as fun as a family dinner, maybe even more so since everyone is rested!!

Puffy Pancake

If you have one, use a well-seasoned 9 to 10 inch cast-iron pan. A 9-inch cake pan with 2-inch sides will also work. Serves 6.

- 4 eggs
- 1/4 cup honey
- 1/4 teaspoon salt
- 2-1/2 cups milk
- 1 cup flour
- 2 tablespoons butter

1. Preheat oven to 425 F. Preheat a cast-iron pan or cake pan in the oven for 10 minutes.
2. Whisk together eggs, honey, salt and milk. Add flour and beat. The batter will be thin and a little lumpy, but this is fine.
3. Melt butter in the pan and pour in batter. Bake for 25 minutes until big and puffy and a knife inserted in the center comes out clean. **Note:** if you don't bake the pancake in cast iron, it will take about 35 minutes.
4. The pancake will be very puffy at first but it deflates quickly. Serve immediately with fresh or canned fruit, or syrup.

*** Remember that children under age two should not be served honey. This ingredient can be replaced with light or dark corn syrup, maple syrup or molasses.*



For a Healthy Breakfast, Use Whole Grains

By Natasha Jones, RD, LD, Nutritionist at the WV WIC State Office

Giving your family nutritious foods that taste good can be easy. Whole grains taste great, are easy to prepare and low in cost. Whole grains contain many vitamins and minerals and are naturally low in fat. Eating a variety of whole grains each day can help you and your family get the needed nutrients to stay healthy.

Whole grains, consist of the entire grain seed, usually called the kernel. The kernel is made of three parts—the bran, the germ, and the endosperm. In the body, whole grains are broken down and used to make energy. They give fuel to your brain, red blood cells, and muscles.

Good sources of whole grain include:

- brown rice
- whole-grain breads
- oatmeal
- popcorn
- whole wheat pasta
- whole wheat tortillas



Tips to help you eat whole grains

- Use whole-grain bread or cracker crumbs in meatloaf.
- For a change, try brown rice or whole-wheat pasta.
- Popcorn can be a healthy snack with little or no added salt and butter.
- Have bite size cereal for a snack. (All WIC-approved cereals are whole grain except Corn Flakes, Crispix, King Vitamin, CoCo Wheats, Cream of Wheat or Grits.)

Whole Grain Breakfast Ideas

Pita Pizza

Fill whole wheat pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in the microwave.

Hot Cereal

Use quick-cooking oats and add dried or fresh fruit, nuts, and brown sugar.

Egg Burrito

Fill a whole wheat tortilla with scrambled eggs, refried beans or salsa.

Sandwich Roll-up

Try peanut butter and banana or jelly on a whole wheat tortilla.

Cold Cereal

Serve whole grain cereal with milk.

Make Breakfast a Habit!

Plan—To set out bowls and cereals the night before to make the morning meal quick and easy. Keep sliced fruit or hard-cooked eggs in the refrigerator.

Prepare—To feed kids on the go, keep 100% juice, dried or fresh fruit, yogurt, bagels, or breakfast bars handy. Kids can grab these as they rush out the door.

Dare—Kids to try something different like a breakfast burrito or other leftovers, such as a stuffed baked potato or pizza.

Change the pace—Have a breakfast picnic on the weekend. Celebrate a special occasion with breakfast instead of dinner. Eat breakfast at school with your kids.

Adapted from USDA 'Eat Smart Play Hard' campaign materials



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