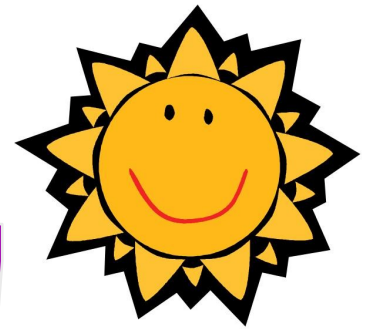




WV WIC Program



Breakfast!



Give your Child a Healthy Start to the Day!

Eating a healthy breakfast is important. Studies have shown that eating breakfast lowers the risk of obesity. It helps children learn more and have better behavior. Mornings can be a busy time- it may help to plan in advance for breakfast.

☺ A healthy breakfast includes protein, whole grains, fruits or vegetables, and calcium

☺ Keep the TV turned off and avoid distractions



☺ Prepare breakfast foods in advance and store them in single serving sized containers

☺ Keep easy breakfast foods handy. Whole-grain WV WIC approved cereals, whole-grain WV WIC approved bread for toast, WV WIC approved fresh fruits, and yogurt with granola



Cinnamon and Raisin Whole Wheat French Toast Sticks

Ingredients:

3 eggs
3/4 cup low-fat milk
1 teaspoon vanilla
1 tablespoon butter
4 slices of cinnamon
and raisin whole wheat bread
(cut lengthwise into 4 pieces)

Directions:

Melt butter in skillet. Mix eggs, milk and vanilla in bowl. Dip bread slices into mixture until completely soaked. Brown the soaked bread in skillet on each side. Serve with fresh fruit.

Eight Quick and Tasty Breakfasts

1. Instant oatmeal, peaches, and Low-fat or fat-free milk
2. Cold cereal, banana, and Low-fat or fat-free milk
3. Crackers and cheese, and an Orange
4. Heated leftover vegetable pizza and a 1/2 cup of orange juice
5. A small carton of yogurt, banana, and whole wheat toast
6. Toasted English muffin, peanut butter, and low-fat or fat-free milk
7. Baby carrots, small piece of cheese, and a bagel
8. Tomato soup (made with low-fat or fat-free milk) and crackers

