



# NEWS

## Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

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“I definitely accomplished my goal. I wanted to be able to get my kids eating right and now I’m confident and have the ability to do so.”

*Platte County Participant*

### Breakfast Bonanzas:

*Get up on the right side of food*

Mom was right. Breakfast is the most important meal of day. When you eat in the morning, you get an instant power boost plus long-term benefits.



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Did you know?

- Breakfast provides fuel for energy.
- Breakfast improves your performance at school, work and home.
- Breakfast makes it easier to manage your weight over a lifetime.

For kids:

- Breakfast supplies nutrients giving them energy and helping them grow.
- Studies show that kids who eat breakfast concentrate better, work faster, make fewer mistakes, are more creative, and score higher on tests



**BE REALISTIC:** Even on the busiest mornings, everyone can enjoy the benefits of breakfast. Plan a sit-down meal – or grab-and-go – whatever works for your family.

Here’s how to enjoy breakfast every day of the week.

It is as easy as 1, 2, 3:

1. Choose a high-energy carbo from the bread and cereal group.
2. Add a juicy (and refreshing) fruit or veggie item.
3. Finish up with a protein source from the meat or the milk group.

### Fresh Breakfast Ideas at Home, on the Go, or on the Weekend

- Yogurt parfait with layers of your favorite cereal and dried fruit
- Whole grain toaster waffles with berries (fresh or frozen) and milk
- Peanut butter on a bagel with a box or your favorite juice
- Piece of leftover cheese pizza with a can of orange juice or an apple
- Whole-grain pancakes topped with fresh fruit and vanilla yogurt
- Veggie omelets with Canadian bacon and bran muffins



## SENIOR SENSE

Breakfast refuels your body, getting ready for the day ahead. It helps many people wake up and feel better all day long. Many nutritious breakfast choices from the Food Guide Pyramid are easy to prepare.

For a change in pace, here are some ideas for a breakfast that may fit your time and energy levels.

- Cheese on toast with piece of fruit.
- Low-fat crackers with a bowl of fruit and yogurt.
- Soup with crackers and milk.
- Peanut butter on graham crackers with sliced bananas and raisins.
- Whole-grain cereals topped with fresh or canned fruit and a glass of milk.
- Extra macaroni and cheese or other pasta dishes.
- Pizza with vegetable or fruit juice.
- Cottage cheese with fruit, and whole grain muffins or bread with lowfat cream cheese or a dab of jam.

Adapted from Ohio State University Extension  
<http://ohioline.osu.edu/ss-fact/0138.html>

A *Cent#ible Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Cent#ible Nutrition Cookbook* plus many other gifts including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

To receive more information, contact a *Cent#ible Nutrition* Educator in your county:

Albany	721-2571	Goshen	532-2436	Park	527-8560	Washakie	347-4567
Big Horn	568-2278	Hot Springs	864-3421	Platte	322-3667	Weston	746-3531
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	Wind River Res.	332-2681
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	En Español	1-877-356-6675
Converse	358-2417	Lincoln	866-3132	Sweetwater	352-6775	State Office	1-877-219-4646
Crook	283-1192	Natrona	235-9400	Teton	733-3087		
Fremont	332-1030	Niobrara	334-3534	Uinta	783-0579		

For information on how to apply for food stamps call 1-800-457-3659. Funded by the Food Stamp Program.

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## Kids Corner

### Fruit 'n' Juice Breakfast Shake

- 1 very ripe banana
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, rinsed and stem removed

Break banana into small pieces and put in blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth. Makes 2 servings.

## COOKS TIPS

Hot cooked cereals are excellent breakfast choices. Grocery stores usually have a large variety of cooked cereals. Be aware that individual servings of pre-flavored cooked cereals can cost up to 8 times more than the cook-yourself variety. Cooking it yourself saves money, and it also gives you control of amounts of added sugar and sodium.

