



Dear Parent,

The Kids a Cookin' & Movin' program today focused on the importance of eating breakfast. Your child participated in making and sampling the recipe included. If you haven't heard, breakfast is "brain food." Eating breakfast fuels the body with the energy needed to give us a jump-start on the day. Studies have shown that kids who eat breakfast do better in school. That's true for adults in the workplace too! If you take time to grab a bite for breakfast, your example is helping to form a healthy habit for your child to follow.

Breakfast doesn't have to be hard to make or time consuming. It's OK to have on hand basic items that are easy to heat-and-go. Grain foods have a lot to offer — they are nutritious and convenient! Whole wheat toast, cereal, muffins and waffles are all great breakfast foods. Complement grain foods with a glass of milk or calcium-fortified orange juice. If you're really short on time, bag up some cereal the night before and snatch a banana to go with it as you're headed out the door.

While eating breakfast wakes up the brain, including movement and physical activity into your daily routine will really get the body going! Start the day with stretching. Kids and adults benefit from simple stretches. Body movement gets the blood pumping and strengthens our muscles. Breakfast and physical activity are the key ingredients to feeling energized!

Sincerely,

For more information about this recipe and other fun recipes: contact your local K-State Research and Extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Things to do with your kids:

- Occasionally have "breakfast foods" for supper. Serve waffles with fruit and light whipped topping. Or try egg omelets or pancakes.
- Involve your kids in the kitchen by letting them set out cereal boxes, stir juice, peel fruit, load the dishwasher or dry dishes.
- Set out nonperishable breakfast items the night before so they are available to "grab and go." Have the toaster out so it is ready to use for heat-and-eat foods.
- Keep other easy-to-make breakfast items on hand: peanut butter and jelly, whole grain pancake mix, refrigerated biscuits or frozen blueberry waffles.
- Be active! Take a few minutes each morning to stretch. Do neck rolls, arm circles, lunges and bends. If your kids ride the bus to school, see how many jumping jacks they can do while waiting for the bus to arrive!

Egg-Me-On Sunrise Sandwich

Quicker than the drive-through!

Makes: 4 halves

Ingredients:

- 2 whole wheat or white English muffins
- 2 eggs
- 4 tablespoons shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

Remember to wash your hands!

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place "inside-up" on baking sheet.
4. In a glass measuring cup, beat eggs, cheese, salt and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins.
6. Bake 10-12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.

Nutrition Facts: One-half sandwich provides 130 calories, 6g total fat, 115mg cholesterol, 360mg sodium, 14g total carbohydrate

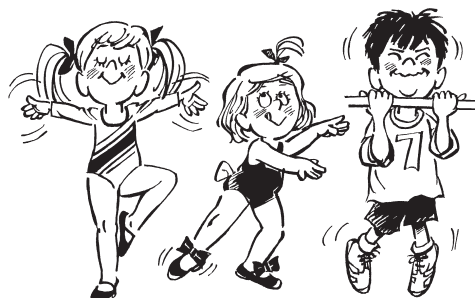
Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'
& Movin'

Chef's Choice

- Egg-Me-On Sunrise Sandwich
- Slice of ham
- Orange juice
- Low fat milk



Munchin' Muffins

Apples make 'em moist!

Makes: 12

Ingredients:

- 2 cups whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 3/4 cups low fat milk
- 1 egg
- 1/4 cup vegetable oil
- 1/4 cup honey
- 1 cup diced apple

Directions:

1. Preheat oven to 375 degrees F.
2. Lightly spray muffin tin with cooking spray or use paper liners.
3. In a large bowl, combine dry ingredients.
4. In a medium bowl, combine remaining ingredients.
5. Add milk mixture to dry ingredients and stir just until dry ingredients are moist. Batter will be lumpy.
6. Fill muffin pans 2/3 full, using a cookie scoop or spoon.
7. Bake 12 large muffins 18-20 minutes or 26 mini muffins 12-15 minutes or until lightly brown. Remove from muffin pan to cool.

Nutrition Facts: One muffin provides 150 calories, 6g total fat, 20mg cholesterol, 210mg sodium, 23g total carbohydrate
Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'
& Movin'

Chef's Choice

- Munchin' Muffins
- Orange juice
- Low fat milk