

Use Your Food Stamps to Make Breakfast a Healthy Start to Your Day!

- Whole wheat bread, English muffins
- Whole grain cereals, hot cereals
- Fresh or canned fruit, 100% fruit juice
- Eggs, peanut butter, lean ham
- Milk, yogurt, cheese, buttermilk

Breakfast Recipes

Remember to plan meals that include 3 or more food groups for breakfast

Breakfast Bag

Toss these foods into a lunch bag and you've got breakfast on the go! Mix and match your favorite ingredients.



$\frac{3}{4}$ cup dry cereal
1 piece of fresh fruit
1 slice of cheese

Banana-Nut Oatmeal

2 cups fat-free milk

dash of salt

1 ½ cups water

2 cups quick oats

2 Tablespoons chopped nuts

2 ripe bananas

¼ teaspoon cinnamon

2 Tablespoons molasses or

honey or brown sugar

Combine milk, salt, and water in a small saucepan. Heat saucepan over medium heat until steaming hot, but not boiling. Add oats and cook, stirring until creamy, about 1-2 minutes. Remove saucepan from heat and stir in mashed banana, cinnamon and molasses (or honey or brown sugar.) Divide cooked oatmeal between 4 bowls; sprinkle each bowl with ½ tablespoon chopped nuts.

Nutrition Facts

Servings per recipe: 4 (1 cup each)

Amount per serving:

296 calories

6 g total fat

54g carbohydrate

102 mg sodium

10g protein

300 IU Vitamin A

195 g mg calcium

2.6 mg iron

7 mg vitamin C

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your Senior Center director, your local Food Stamp office at your county Department of Family and Children Services, or a local food pantry.

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