

Tips to Avoid Morning Crunch Time:

Plan ahead.

Make sure you always have plenty of breakfast items on hand.

Schedule plenty of time into your morning routine for breakfast.

Remember, some children need extra time getting ready in the morning. Make sure to leave enough time for breakfast.

Don't become a short order cook.

Have your children choose between 3 options that don't require more than a toaster or microwave.

Prepare the night before.

Prepare the kitchen with bowls, spoons, bananas, and cereal left on the counter for kids to help themselves.

Quick Breakfast Ideas:

- » Whole grain cereal with cut-up fruit and skim milk.
- » Whole wheat mini-bagel with peanut butter and sliced bananas.
- » Whole grain toaster waffles with blueberries on top and 1 Tbsp of syrup.
- » A cup of low fat yogurt mixed with cut-up fruit and a crunchy whole grain cereal.
- » Microwave plain oatmeal with raisins and cinnamon.
- » A whole grain English muffin topped with melted low fat cheese.



Healthy Breakfast Ingredients:

- » Whole wheat toast
- » Whole grain cereal
- » Low fat yogurt
- » Cut-up fruit
- » Oatmeal
- » Peanut butter
- » Low fat cream cheese

Healthy Drinks for Breakfast:

- » Low fat or skim milk
- » 4 ounces of 100% juice
- » Water
- » Flavored water

For more tips on helping kids eat better and move more, visit www.mass.gov/MassinMotion

Information adapted from the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, 2006.



Tips to Help Your Family Snack Smart:

Plan ahead.

Plan your snacks ahead of time so that you know what ingredients you need.

Pack them ahead of time.

It's a whole lot easier to remember to take a healthy snack if they are already packed and ready to go!

Let your kids help.

Kids can help wrap foods, put snacks into bags, and clean up afterwards.

Create your own 100-calorie packs.

Instead of buying pre-packaged 100-calorie snacks (which can be expensive and loaded with sugar and salt), buy regular-sized bags (like pretzel sticks). Use the nutrition label to figure out how many items equal 100 calories. Fill 10 sandwich bags with 100 calories worth of snacks.

Quick Snack Ideas:

- » ½ banana spread with 1–2 tsp peanut butter
- » ½ cup strawberries
- » ½ cup of canteloupe cut up into 1 inch cubes
- » 30 Goldfish crackers
- » 1–3 cups of 99% fat free microwave popcorn
- » 20 mini fat free pretzels
- » 10 flavored mini rice cakes
- » Celery slices dipped in 2 Tbsp of low fat ranch dressing
- » ½ of a small apple cut into slices and dipped into light yogurt
- » Carrot or pepper sticks dipped into ¼ cup of hummus



Healthy Snack Ingredients:

- » Whole grain bread or crackers
- » Peanut butter
- » Cucumbers or celery
- » Bell peppers
- » Apples, bananas, or berries
- » Cantaloupe
- » Low fat yogurt
- » String cheese

Healthy Drink Choices:

- » Water
- » Seltzer or flavored water
- » Low fat or skim milk
- » 4 ounces 100% fruit juice

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Tips to Avoid the Evening Rush:

Plan ahead.

Make sure you always have plenty of ingredients on hand.

Know what you are going to make.

Knowing what you want to make before you get home helps you avoid rummaging around looking for the quickest thing (which is often the unhealthiest).

Don't become a short order cook.

Make one meal for everyone; give each child a night to choose what will be served.

Give each child a job to help out.

Young children can set the table, fetch items from low shelves and the refrigerator, mix, and help clean up.



Quick Dinner Ideas:

English Muffin Pizza:

Top a whole wheat English muffin with jarred sauce, sliced veggies, and low fat cheese.

Omelets:

Combine eggs and your favorite chopped veggies, top with salsa.

Burrito:

Wrap a whole wheat tortilla around some canned black beans, chopped veggies, and low fat cheese.

Mac and cheese:

Add frozen veggies (without sauce) and canned tuna or salmon to boxed macaroni and cheese (try the whole wheat variety!)

Potato Pal:

Top half of a small baked potato with low fat yogurt and then add eyes (peas), a nose (half a cherry tomato), and a smile (low fat cheese wedge). Be creative, you'll be surprised at how many foods can turn into eyes, noses and smiles!

Chicken Nachos:

Using fresh, shredded chicken and high fiber tortilla chips can be a healthy appetizer or dinner for kids. Add tortillas, pre-cooked shredded chicken, diced tomatoes, peppers and onions, and low fat shredded cheese to a plate and bake in oven or microwave until cheese is melted.

A Healthy Plate:

- » Use a small plate
- » ½ veggies and fruit
- » ¼ lean meat or meat alternative
- » ¼ whole grains
- » Low fat milk or water
- » Avoid high fat condiments such as dressings and mayo

Healthy Grains:

- » Brown rice
- » Whole grain bread
- » Whole wheat pasta
- » Whole wheat pita or flat bread
- » Whole wheat tortillas
- » Quinoa or bulgar

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