



**Investing
in
Children**

*Their future is in our hands.
Our future is in theirs.*

Calendar of Events

September 2002

No-cost or low-cost activities for you and your children

Eat Right. Be Bright.

September is Breakfast for Learning Month
Start your child's day off right with a healthy breakfast.

Get them off to a good start.
Have your children help in the kitchen during breakfast. Let them pour, measure or even set the table.

- 2 Breakfast Chat**
Talk to your children about why breakfast is so important. What do they like about breakfast the most? What is their favourite breakfast?
- 3 Back to School**
Have a safe and happy school year! Spend some time with your children getting them ready for the new routine.
- 4 Healthy Breakfast Part 1: Grains**
Whole wheat breads, cereal, oatmeal, muffin, pita bread, bagel, tea biscuit, waffles, crackers, flat bread.
- 5 Healthy Breakfast Part 2: Milk**
Cold or hot milk, chocolate milk, cheese slices, cottage cheese, yogurt, soy milk.
- 6 Healthy Breakfast Part 3: Fruits and Veggies**
Apple, grapefruit, bananas, grapes, tomatoes, cucumbers, juice, vegetable juice and dried fruit.
- 7 Healthy Breakfast Part 4: Meat and Alternatives**
Eggs, peanut butter, sliced meats, veggie meats, cold chicken, pork or beans.
- 8 Breakfast Role Model**
Children learn what they see. Eat a healthy breakfast with your children in the morning so they'll develop healthy eating habits.
- 9 Yogurt Surprise**
Let your children add extra toppings to their yogurt: jam, fruit, raisins, nuts, dried apricots or carob chips.
- 10 Breakfast Burritos**
Wrap scrambled eggs or ground meat (veggie or otherwise) with cheese and veggies in pita bread, nan bread or tortillas.
- 11 Monkey Milk**
Blend a banana and 1 cup of milk, add a little yellow food coloring. Enjoy with toast.
- 12 Fruity Pancakes**
Add fruit and honey to your pancakes instead of using syrup. In a rush? Try jam! For more fun, roll the pancakes around the fruit and serve with yogurt as a dip.
- 13 Pear Smoothie**
Puree until smooth: 1 cup pear juice, 1 ripe pear, 1 cup nonfat yogurt.
- 14 Banana Dogs**
Spread peanut butter or jam on bread. Place banana on middle of bread. Hold like a hot dog and add toppings: nuts, raisins, fruit, dried fruit...
- 15 Pizza Omelet**
Add onions, chopped up pepperoni, mozzarella and a bit of tomato sauce to your omelet.
- 16 Morning Nachos**
Line a plate with Triscuits. Add chopped up onions, tomatoes and ham. Place shredded cheese on top. Zap in the microwave for 30 seconds.
- 17 Honey Shake it Up**
Blend: 1-1/2 cups milk, 1-1/2 cups strawberries, 1 cup vanilla yogurt, 1/4 cup honey until thick and creamy. Add 5 ice cubes one at a time until smooth.
- 18 Breakfast Bags**
Who says lunch bags are just for lunch? Make breakfast the night before and place in a paper bag in the fridge so its ready to go in the morning.
- 19 Banapple Sauce**
Mix 3 bananas in with apple sauce in the blender. Serve with milk and toast! Add other fruit for more flavour.
- 20 Magic Cinnamon Toast**
Mix 3 parts sugar to 1 part cinnamon in a shaker. Sprinkle onto toasted marble rye bread and enjoy with fruit.
- 21 Celebrate Cereal**
Tired of just cereal in milk? Jazz up a low fat / low sugar cereal with fruit, raisins, a touch of brown sugar or a bit of meusli.
- 22 Breakfast for Dinner?**
Why not rotate your meals for a bit of fun? Have lunch at breakfast, dinner at lunch and breakfast at dinner.
- 23/30 Breakfast Appetizers**
Spread cream cheese onto meat slices. Roll around a piece of celery. Slice into pieces and place onto crackers.
- 24 Cookie cutter Sandwiches**
Use your child's favourite cookie cutter to shape the bread for fun to eat sandwiches or toast.
- 25 On the Run?**
Have your children help you get breakfast started at night before going to bed. Even setting the table at night will save time in the morning.
- 26 Apple Honey Grahams**
Dice up an apple. Spread peanut butter onto a graham cracker. Add honey, if you like. Sprinkle diced apples on top.
- 27 Grape Milk**
1 cup milk
3 Tablespoons frozen grape juice concentrate
Mix in a blender until foamy and serve.
- 28 Grilled Cheese with a twist.**
Add apples or Tomatoes to a grilled cheese sandwich for an extra kick. Use marble cheese for fun too.
- 29 Apple Oats**
When cooking oatmeal, use half water and half apple juice to make the full amount of liquid. This makes the oatmeal yummy and sweet.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday