UC Cooperative Extension Placer and Nevada Counties



SHOP SMART Fall EAT WELL 2020

UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

...a quarterly bulletin from CalFresh Healthy Living, UC Placer and Nevada

Get Your Family Off to a Good Start

What if there was a way to help you and your family:

- ➔ boost their energy
- ➔ increase their attention span
- → be better able to focus their attention on school work or work

By insuring that your family starts their day with a balanced breakfast, you will be doing just that. After sleeping all night, our bodies need to "break the fast". Eating breakfast fuels the body and brain for work or school work.

What is a balanced breakfast?

A balanced breakfast should include foods from at least three of the five food groups (vegetables, fruit, grains, protein, and dairy). Examples:

- Oatmeal, raisins, milk—grains, fruit, and dairy groups.
- Eggs, whole wheat toast, orange juice—protein, grains, and fruit groups.



Breakfast does not have to be oatmeal, pancakes, or eggs. There is nothing wrong with having last night's left over spaghetti and meatballs, and a glass of milk. The goal is to fuel the body, so that it can perform at its best.

No time for a sit down breakfast?

Here are some take-a-long breakfast ideas:

- © Plastic baggie filled with whole grain cereal, dried fruit, and nuts
- Peanut butter and banana sandwich
- © Scrambled egg, cheese, and salsa rolled in a tortilla

Before leaving the house, you make sure you have gas in your car. Make sure to fuel up your family before they start their day.

Shopping for Breakfast

When making your shopping list, don't forget to include items for quick, easy, and healthy breakfasts. Keep these tips in mind:

SHOPPING LIST

 $\ensuremath{\boxtimes}$ Choose whole grain products in place of refined grain products.

- ☑ Use the ingredient list on food labels to find cereals, canned and frozen fruits and veggies, and other foods without added sugar and salt.
- ☑ Shop the perimeter of the store where you will find fresh fruits and veggies, and raw meats, poultry, and seafood.
- A frozen fruit or veggie may be a healthier (and more convenient) choice than fresh produce that has been sitting in the refrigerator for a week.

Baked Oatmeal

Make this the night before and bake in the morning

Ingredients

- 2 cups old-fashioned oats
- 1⁄₃ cup packed brown sugar
- 1⁄₃ cup raisins
- 1/4 cup chopped walnuts
- 1 teaspoon cinnamon
- 1 teaspoon baking power
- 1¹/₂ cups fat-free milk
- 1⁄2 cup applesauce
- 2 tablespoons butter, melted
- 1 large egg, beaten
- Cooking spray

Directions

- 1. Combine the first 6 ingredients in a medium bowl.
- 2. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well.
- 3. Pour oat mixture into an 8-inch square baking dish coated with cooking spray.
- 4. Cover and put in refrigerator overnight.

5. In the morning, turn oven on to 375° and put the dish in (uncovered) while it preheats; set your timer for 30-35 minutes. Serve warm.

Note: you can substitute other dried fruit and nuts or omit all together.

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