READY, SET, BREAKFAST!
Get a great start to your morning by having a healthy breakfast.

TIPS FOR A HEALTHY BREAKFAST

FRUITS/VEGETABLES
- Top your cereal with fruit
- Drink 100% juice or enjoy whole fruit
- Add apples to your oatmeal
- Add vegetables to your eggs or omelet

WHOLE GRAINS
- Keep it fun and combine two or three whole-grain cereals with different shapes
- Use a whole grain tortilla to wrap chopped veggies, scrambled eggs, and low-fat cheese
- For a quick morning snack on the go, pack a container with whole-grain dry cereal

DAIRY
- Switch to low-fat or fat-free milk
- Having trouble drinking milk? Try a calcium-fortified dairy alternative
- When making a yogurt parfait, use low-fat yogurt

PROTEIN
- Choose different proteins for your morning meal (e.g., turkey meat, nuts, eggs)
- Get your protein from lean meats and beans like kidney, pinto, black, and other varieties
- Add peanut or other nut butter as a dip for apple or celery slices

EAT HEALTHY ON A BUDGET

PLAN YOUR WEEKLY MEALS
- Check what you already have in your pantry.
- Make a grocery list.
- Plan to use leftovers.

SHOP SMART
- Buy “in season” produce.
- Make half of your grains whole grains.
- Beans, peas, and lentils are great low-cost protein foods.

PREPARE HEALTHY MEALS
- Keep it simple.
- Invite your family to help.
- Use ingredients you already have.

For more healthy recipes, visit CalFresh Healthy Living.

BREAKFAST FRUIT CUP
INGREDIENTS
- 2 oranges, peeled, seeded, and sliced into bite-size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- ⅓ cup low fat vanilla yogurt
- ½ teaspoon ground cinnamon

PREPARATION
1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of low-fat yogurt over fruit in each bowl and sprinkle equal amounts of ground cinnamon before serving.

Makes 4 servings - ⅛ cup per serving.

RESOURCES
For more information about food assistance, visit Women, Infants and Children (WIC). WIC helps families get healthy food and much more. WIC is a federally funded USDA nutrition program that is administered by the California Department of Public Health.

Learn more about Healthy Eating on a Budget | MyPlate.

ACTIVITIES
- Grocery Store Bingo
- MyPlate Maze

Sources: California Department of Public Health and U.S. Department of Agriculture

Updated on 10/25/2022