

Getting Organized for Grab-n-Go Breakfasts



For most families, time is the major obstacle to eating breakfast. Be sure to choose a breakfast that requires little or no preparation. Mornings tend to be hectic - sleeping past the alarm, getting kids ready for school, and getting yourself out the door on time are a lot to handle. Of course, sitting down with a pencil and paper once a week to plan your week's breakfast menu would be an ideal way to approach the issue of bringing breakfast back into you and your family's morning. But, since NOT planning breakfast ahead is exactly the reason that Grab-n-Go is so appealing, the planning ahead concept must take on a slightly different meaning: not what you'll cook and when, but what you will keep on hand and what to do with it on the spur of the moment. Keeping a piece of paper on or near the refrigerator for jotting down items as you need them is a good idea.

Remember, you do not have to eat breakfast immediately when waking for the day. You and your family can Grab-n-Go anywhere - eat on the walk to school, in the car, on the bus, at the School Breakfast Program, before first hour, or at your desk. For those days when you don't have breakfast before work or school, keep a few items at the office or in your kid's locker. No refrigeration is needed for fruit, peanut butter, raisins and nuts, crackers, granola bars, and ready-to-eat cereal. If you do have a refrigerator, take advantage of it, and keep an inventory on hand of yogurt, cheese or low-fat cottage cheese, juice, and milk. The secret to making breakfast fast and healthy for you and your family is to do what works best for YOU, keeping it simple and easy.

Whatever you do...eat breakfast.