

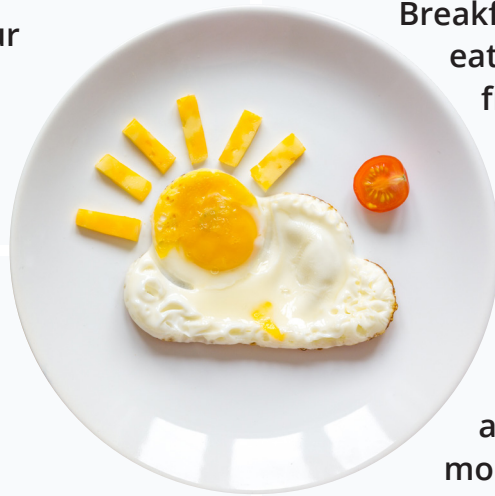




Why Breakfast is the Most Important Meal of the Day

 Eating breakfast gives our bodies the strength and energy to get through the day.

 A healthy breakfast supports our attitude; we are less tired and more energetic which leads to being happier.



Breakfast encourages healthier eating habits and stops us from overeating at lunch or grabbing unhealthy snacks in between meals. 

Breakfast helps us concentrate on school and work so we can be more active and productive. 

Fun Facts About Breakfast

- There are more than a dozen ways to cook an egg.
- Cereal was introduced in 1863 and was called granula.
- February is National Hot



 **in Communities**

 **CREDITABLE**

recipe *Big Bird's Happy Day Sunrise Smoothie*

ingredients

2 cups plain yogurt

2 cups pineapple juice

16 ounce bag frozen pineapple

directions

Add all ingredients to a blender, mix on high until smooth. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.

  *Breakfast Crediting: 8 Servings for ages 1-5*
cacfp.org



Breakfast Meal Patterns Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

Why Do We Need To Eat Lunch?



With all five required meal pattern components, lunch helps us get a variety of vitamins and minerals to stay healthy and strong.



Lunch is a great time to introduce new, healthy foods to children.



Taking time for lunch can also have social benefits for children, especially with family style dining, which is shown to increase vocabulary and interaction with friends.



Eating lunch helps maintain good blood sugar levels so we can focus for the rest of the day.



Fun Facts About Lunch

- “Lunch” is an abbreviation of “luncheon” and has been in common use since 1823.
- In some countries, lunch is considered the most important meal of the day.
- The Guinness World Record for largest sandwich weighed

SESAME STREET *in Communities*


CREDITABLE

recipe *Veggies First, Cookie Monster*

ingredients

<i>17 oz. chicken breast, 1 inch pieces</i>	<i>2 cups small broccoli florets</i>
<i>2 cups sliced carrots</i>	<i>2 tablespoons olive oil</i>

directions

Toss veggies and chicken with olive oil, salt, and pepper (seasoning optional). Place on a baking sheet and bake at 450 degrees for 20 minutes. For a complete meal, serve with ¾ cup milk and a roll.



*Lunch/Supper Crediting:
8 Servings for ages 1-5
cacfp.org*





Lunch/Supper Meal Patterns Serve All 5: Milk, Vegetables, Fruit, Meat/Meat Alternate and Grains

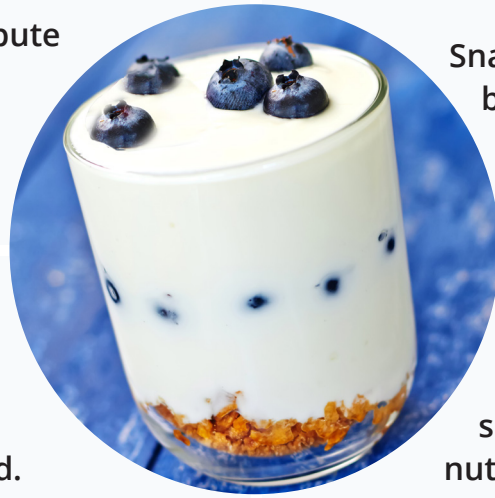
COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit [^]	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

*A serving of milk is not required at supper meals for adults
[^] A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

Stay Energized Throughout the Day



Healthy snacks contribute to the emotional and physical well-being of children.



Snacking supports healthy bone growth and brain development.



Vegetables and fruit provide important vitamins such as vitamin C and folic acid.

Well-timed snacks help control hunger, supply fuel and boost nutrition.




Fun Facts About Snacks

- Apples are a member of the rose family of plants.
- Popcorn has existed for about 6000 years.
- Bananas share about 60% of the same DNA as humans.
- Americans consume more than 300,000 tons of yogurt each year.



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SESAME STREET in Communities


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recipe *Herry's Blueberry Lemon Parfait*

ingredients

*1 cup lemon yogurt *Make sure your yogurt is #CACFPCreditable!*


2 cups blueberries

4 tablespoons crushed graham crackers


directions

In each of four plastic cups, layer

1 tablespoon graham crackers, ¼ cup yogurt and ½ cup blueberries.




Snack Crediting: 4 Servings for ages 1-5
cacfp.org



Snack Meal Patterns

Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Meat & Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit ¹	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents