



Fall, 2014

Breakfast—Simple & Delicious!

Make a plan the night before -
When you wake up, you'll be ready to eat & go!

- 1) Make a ham or turkey sandwich.
- 2) Blend a smoothie. Blend together yogurt, juice and fresh or frozen fruit of your choice. For more protein, add a tablespoon of peanut butter.
- 3) Grab a small bag of granola and drink a glass of milk.
- 4) Pour a bowl of breakfast cereal with milk.



- 5) Toast a frozen waffle and top with fruit-flavored yogurt.
- 6) Peel a hard-boiled egg and eat with whole wheat toast or bagel.
- 7) Try grilled cheese sandwich on whole wheat toast.
- 8) Eat leftovers from last night's meal.
- 9) Warm a bowl of brown rice and top with milk, chopped apples and cinnamon.
- 10) Try string cheese and a piece of fresh fruit.

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Keep your family's favorite foods in your cupboard and freezer, ready for quick and easy meals:

- Frozen chicken breasts
- Frozen hamburger patties
- Canned tuna
- Peanut butter
- Shredded cheese
- Tortillas
- Fresh potatoes
- Spaghetti sauce
- Noodles
- Macaroni and cheese
- Rice
- Canned soups
- Canned beans
- Canned fruits
- Canned/ frozen veggies

Safe Fruits & Vegetables

- 1) Choose fruits & vegetables that are not bruised or damaged.
- 2) Wash your hands with warm water and soap before and after preparing fresh produce.
- 3) Cut off any damaged or bruised areas on fruits & vegetables before cooking or eating.
- 4) Gently rub fruits and vegetables under running water. You do not need to use soap.
- 5) Wash fruits and vegetables before you peel them
- 6) Dry fruits and vegetables with a clean cloth or paper towel.
- 7) Throw away the outer leaves on a head of lettuce or cabbage.
- 8) Keep most fruits and vegetables in the refrigerator at 40° or below.



Take a Nature Walk

You don't need to be an expert on the outdoors. Just take your children outside!

- 1) Go to a park.
- 2) Find a nature trail.
- 3) Go to the nearest walking trail or track and go for a walk together.

Make it an adventure:

- Identify trees—oak, pine, maple
- Identify birds—robin, woodpecker
- Look for treasures—rocks, sticks, pinecones, leaves, and whatever

nature has put on the ground.

- Look for insects, frogs, and other animals.

Children love to discover nature.

Children who play outside:

- may be calmer and more focused
- may be less stressed



- learn to use their imagination.

Have fun! When you have fun, your child will have fun, too!

Upcoming Events:

- Senior Citizen's Expo—Tuesday, October 14, 9:00 a.m. to noon, Church of the Nazarene
- Hopkins County Fall Festival:
 - October 11, parade
 - October 24 & 25, Creative Arts Contest, Arts & Crafts Show, Stew Contest, much more!
- "Dinner Tonight" Cooking Demonstrations, Saturday, October 25, Hopkins County Civic Center foyer, 10:00, 11:00, noon, 1:00, 2:00
- 41st Annual Extension Christmas Joys program "Everything Old is New Again" - Monday, November 10, 1:30 p.m. and repeated at 5:30 p.m., Southwest Dairy Center—must call to reserve a seat—903-885-3443
- Entire month of October: Hopkins County 4-H enrollment takes place. Contact the Extension Office for details.

Egg in a Hole- a Fun Breakfast!

- * Slice of whole wheat bread
- * 1 teaspoon butter
- * 1 egg

- 1) Tear a large hole out of the center of the bread.
- 2) Melt butter in a skillet over medium heat.
- 3) Place slice of bread in the skillet.
- 4) Crack egg and pour the raw

egg into the hole in the center of the bread.

- 5) Cook egg and bread for 2 minutes.
- 6) Flip the bread over and cook on the other side until the egg is cooked. Serve!



Fall provides colorful foods!

Red & green peppers

Red tomatoes

Apples in every color

Pumpkin

Green broccoli

Carrots

Make half your plate fruits and vegetables!

Sources: Nutrition Matters, Inc.
Kid Food
Smart Food

Programs of Texas A&M AgriLife Extension service are open to all people without regard to socioeconomic level, race, color, sex, disability, religion, age, or national origin.



What can you do?

- ⇒ Eat Breakfast!
- ⇒ Take a nature walk.
- ⇒ Keep fruits & vegetables safe.
- ⇒ Make a fun breakfast!
- ⇒ Keep healthy foods on hand.