

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Back-to-School

### Get A Good Start With Breakfast

- Breakfast is an important meal. Eat breakfast everyday.
- Children who eat breakfast have more energy and do better in school.
- Any nutritious food is a good breakfast food.
- Try to include 3 food groups. Example: English muffin topped with cheese and a glass of orange juice.
- **Quick Breakfast Ideas:**
  - Bread, muffins and rolls.
  - Leftovers: casseroles, macaroni and cheese, pizza and spaghetti.
  - Instant oatmeal topped with fruit.
  - Grilled cheese sandwich
  - Peanut butter and banana sandwich



#### **Cornmeal French Toast** Serves 4.

2 eggs, beaten

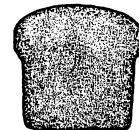
1 cup reconstituted nonfat dry milk  
or 1 cup skim milk

1 tsp. ground cinnamon

1 tsp. margarine

8 slices whole wheat bread

1/2 cup yellow cornmeal

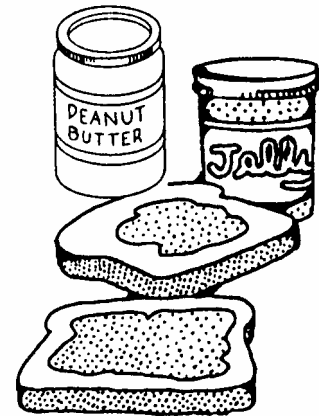


1. Mix eggs, milk and cinnamon in a bowl.
2. Melt margarine in a skillet.
2. Dip each side of bread in milk mixture.
3. Sprinkle 1/2 Tbsp. of cornmeal on one side of bread and place cornmeal side down onto skillet. Sprinkle 1/2 Tbsp. on topside of bread slice in skillet.
4. Repeat for other slices of bread. Brown on both sides about 5 minutes per side.

NUTRITION FACTS (per serving) - Calories 250 - fat 6 g - calories from fat 60 - sodium 350 mg  
~ total carbohydrate 39 g ~ fiber 4 g

# Safe Sack Lunches

- Pack foods that won't spoil (non-perishable) or use a thermos and cold packs for foods that spoil (perishable).
- Wash hands before preparing and packing lunch. Wash lunchboxes everyday.
- Prepare lunch the night before and store perishable foods in the refrigerator until ready to pack.



## Foods that do not need refrigeration:

- Peanut butter sandwich
- Hard cheese and crackers
- Fresh fruit and vegetables
- Breads and muffins
- Dry ready-to-eat cereal, pretzels and popcorn

## Variations on Peanut Butter

- Mix 2 parts peanut butter and one part non-fat dry milk powder. Add honey or mashed bananas to taste. Spread on whole wheat bread.
- Mix peanut butter and applesauce with a dash of cinnamon. Chopped raisins and wheat germ can be added.
- Add dried fruit like chopped raisins and chopped apricots to peanut butter.
- Spread quick breads such as banana bread, nut breads, applesauce bread with peanut butter.
- Add cheese slices to a peanut butter sandwich.
- Add banana slices or other slices of fresh fruit to peanut butter sandwich.

