



newsletter

Paint Your Plate at Breakfast!

Dear Parents,

The Paint Your Plate program is in full swing.

Each day children are having fun learning about the taste, smell, texture, feel, and sound of a new vegetable or fruit.

Breakfast gives children the energy and nutrients they need to start the day. It's also an easy time to add a serving or two of vegetables and fruit.



Ideas for vegetables and fruit at breakfast:

- Offer colourful fresh fruit in season. Chop them the day before to save time.
- Top whole grain cereal with sliced bananas, kiwi, or fresh berries.
- Add fresh or frozen berries to pancake batter or top pancakes with sliced peaches.
- Top half a whole grain bagel with apple slices, a sprinkle of cinnamon, and a slice of cheddar cheese. Broil until the cheese melts.
- Serve up a breakfast smoothie. Blend yogurt, frozen berries, avocado, leafy greens (e.g., spinach, kale), and a small amount of milk.
- Add frozen or fresh chopped bell peppers, broccoli, spinach, mushrooms, or tomatoes to eggs and omelettes.
- Top half a whole grain English muffin with nut or seed spread and sliced strawberries and bananas. Use a tortilla instead for a tasty roll-up.



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Paint Your Plate with vegetables and fruit!