

Cool Fuel For School

(NAPSA)—School days can mean hectic schedules and sometimes long hours for kids...as well as their parents. It can be challenging to keep a family well-fed and energized.

Nutritionists agree that a good breakfast is crucial to fuel the energy level of children throughout their day. Yet many harried families skip this important meal. In fact, it is estimated as many as 25 percent of the population skips breakfast on average.

So how do you make sure your morning routine becomes a healthy one? Try stocking your freezer and refrigerator with convenient, tasty, healthy options from the cool aisles of your grocery store. In just minutes, you can have tasty breakfasts and after-school snacks, like these:

- Quickly toast whole-grain frozen waffles. Mix together 1 cup of thawed frozen fruit and 2 tablespoons of honey. Spoon vanilla yogurt and fruit mixture onto waffles. Sprinkle with granola.

- Create a delicious shredded cheese omelet using convenient egg substitute. A serving of protein in the morning will keep the family feeling full much longer. Serve the omelet with precooked sausage.

- Top a toasted bagel with peanut butter and serve with fruit.

- Fill toasted waffles with creamy peanut butter and your favorite jam or preserves to create a unique breakfast sandwich.

- For quick grab-and-go meals, have readily available string cheese, a variety of yogurts, a selection of fruit juices, frozen bagels and breakfast sandwiches, ready to heat and eat in minutes.



This likely-to-please Berry Banana Smoothie provides a nutritional morning start or an afternoon energy booster.

Berry Banana Smoothie

- 1½ cups frozen berries (strawberries, blueberries, raspberries)**
- 1 banana**
- 1 cup vanilla yogurt**
- ½ cup skim milk**
- ½ cup apple juice**

Combine all ingredients in a blender until smooth. Serve and enjoy!

The National Frozen & Refrigerated Foods Association (NFRA) says that frozen and refrigerated foods provide the variety, versatility and convenience that busy families need today. In addition to breakfast and after-school snacks, the cool aisles provide many meal selections and solutions that can go from freezer and refrigerator to the table in just minutes.

For more tasty recipes and information on frozen and refrigerated foods, visit www.EasyHomeMeals.com.

