

# Pointers For Parents

## Cool Food For Kids



(NAPSA)—Busy schedules don't have to mean that eating healthy goes by the wayside.

In fact, you could say it is the perfect opportunity to start better eating habits, especially for students. The National Frozen & Refrigerated Foods Association (NFRA) has created a new "Cool Food For Kids" program, encouraging healthy lifestyles for kids of all ages by making good food choices, controlling portions and staying active.

Breakfast is the first and most important step to eating well. It gives kids fuel to get through their day and helps them focus. But breakfast is often skipped in the morning rush. To make sure this doesn't happen, insist on at least 10 minutes at the kitchen table before running to catch the bus. This not only gives time for a quick meal, it could make the "leaving for school" routine a little smoother. Try fast options such as waffles with blueberries with a glass of orange juice. Or French toast sticks with peanut butter. Here's another great idea to brighten and lighten those early school mornings:

### Happy Pancakes

**6 frozen pancakes**  
**2 cups strawberries**  
**1 cup blueberries**  
**½ cup semisweet chocolate chips**

**Prepare pancakes according to package directions. Slice strawberries. On each pancake, create face with blueberries as eyes, chocolate chips for the smile; place strawberry slices around edge of pancake. Serves 6.**



For more delicious recipes, tips and important information on frozen and refrigerated foods, visit [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com). You can also find rules and details for entering a \$6,500 Sweepstakes that NFRA created to celebrate the Cool Food for Kids promotion.