give your child 10 tasteful GIFTS that will last a lifetime

A love for beans.

A love for broccoli.

A love for eggs.

A love for milk.

A love for oatmeal.

A love for oranges.

A love for sweet potatoes.

A love for tomatoes.

A love for whole wheat bread.

A love for yogurt.

how to "package" the gifts that KEEP ON GIVING

BEANS

Bean up on Quesadillas. Place a flour or corn tortilla in a small pan. Sprinkle with canned beans and shredded or sliced cheese. Heat on stove until cheese melts. Slice into pie-shaped pieces and serve. (Add chopped tomatoes, onions and avocado, if desired, after heating.) Great for snacks, breakfast, dinner—anytime!

BROCCOLI

Children love to eat what they help prepare. Put a small amount of olive oil in a spray bottle. Have your child lightly spray cooked broccoli with olive oil. Sprinkle with parmesan cheese.

EGGS

This three-minute recipe is perfect for breakfast, meals or snacks. Crack hard-cooked eggs and smash them with a fork. Add 1 teaspoon Dijon mustard and/or mayonnaise. Sprinkle with salt and pepper. Spread on crackers or bread for a tasty sandwich.

MILK

Color milk fun! Make a glass of milk fun by stirring in 1 drop of yellow food coloring to make Sun Fun milk, one drop of blue food coloring for Jungle Juice, or 1 drop of green food coloring to make Dinosaur Delight.

OATMEAL

Kids will flip for these pancakes! Combine 2 eggs, 2 tablespoons vegetable oil and ¾ cup orange juice in a small bowl. In a larger bowl, mix together 1 cup flour, 1 cup rolled oats, 1 ½ teaspoons baking powder and ½ teaspoon salt. Stir egg mixture into dry ingredients. Heat large frying pan lightly coated with oil or cooking spray and let the magic begin. Makes 9 medium pancakes.

ORANGES

Children love to make fruit kabobs. Cut oranges and other fruit like bananas and grapes into bite-sized pieces. Arrange fruit on a piece of uncooked spaghetti or thin wooden stick. Great snack or dessert!

SWEET POTATOES

You can feel good serving these healthy "French fries." Cut sweet potato into the shape of French fries. Lightly coat with oil and add a light sprinkling of salt and pepper. Bake in 425˚ oven for 30 minutes. (Save time! Cut the sweet potato into 8-10 wedges.)

TOMATOES

Power up kid favorites with tomatoes. Add grape tomatoes cut into quarters to macaroni and cheese. Place a sliced tomato on grilled cheese sandwiches.

WHOLE-WHEAT BREAD

Fill them up with whole-wheat goodness. Toast one slice whole-wheat bread. Spread lightly with cream cheese. Arrange sliced strawberries and blueberries over the cream cheese. (For extra fun, arrange the strawberries and blueberries to resemble the flag. Salute!)

YOGURT

A guaranteed smile-maker! Sprinkle Grape-Nuts® in the bottom of a cup or bowl. Add a spoonful of lemon or vanilla yogurt. Add a tablespoon of fruit. (Canned mandarin oranges are great.) Sprinkle Grape-Nuts® on top.

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WIC GROWING HEALTHY FAMILIES

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TEXAS Department of State Health Services

GOOD FOOD *and* A WHOLE LOT MORE!

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