

Breakfast – It's for Everyone

Nourish yourself by starting the day with breakfast. After fasting all night your body is ready to be refueled to start the day. When you eat breakfast, it's a chance to consume key nutrients important for your body.

Breakfast is a great time to enjoy fruits and vegetables we need for optimal health. Many of us come up short on the recommended number of servings of fruits and vegetables daily – we are aiming for 5 cups a day. Adding fruits and vegetables at breakfast can help get you closer to 5 cups a day and boost your daily intakes of fiber, vitamin C, potassium, B vitamin and antioxidants.

You-Can-Do-It Breakfast ideas:

- Microwave oatmeal with milk; add fruit, nuts & cinnamon.
- Spread nut butter on whole-wheat toast topped with sliced strawberries.
- Yogurt bowls – add 1 container yogurt, ½ cup canned fruit and ¼ cup granola to a bowl and enjoy.
- Cereal with milk with ½ cup frozen wild blueberries tossed in.
- Make ahead breakfast frittatas; warm them up and serve with fruit and a glass of cold milk.
- Whole-wheat English muffin with slice of cheese and a microwave scrambled egg. Serve with your favorite fruit.
- Make muffins ahead and grab a muffin, hard-boiled egg and a clementine for a quick meal.
- Spread avocado on toasted whole grain bread, add sliced tomatoes and add freshly ground black pepper.
- Banana roll up – spread whole-wheat tortilla with nut butter, place peeled banana in the center and roll up.
- Toaster waffle – top with nut butter and sliced apples or pears. Sprinkle with cinnamon for extra flavor.

What Determines the Color of Eggs? The breed of the chicken determines eggshell color. The color of a hen's ear area is the color indicator, with a white or light spot meaning white eggs. Usually, white hens lay white eggs, and brown hens lay brown eggs. Brown chickens are usually larger and require more food to make an egg, which is why brown eggs may cost more than white eggs. Great news - the nutrition is the same no matter the color!

Storing Eggs Store eggs in the coldest area of refrigerator (not the door!) and in their original carton to be able to check the Julian and sell-by dates. Eggs may be refrigerated for up to five weeks. If an egg cracks in the carton, toss it.

What is a Julian Date? It is a three-digit code on the end of the carton that indicates the date of packaging, starting with January 1 as 001 and ending with December 31 as 365. The numbers represent consecutive days of the year. For example, an egg carton with a packaging date of 032, means the eggs were packed on February 1st. Store fresh shell eggs in their cartons in the refrigerator for four to five weeks beyond this date.

Handling Eggs Safely Before and after handling eggs, wash hands, utensils and surfaces with warm, soapy water. Do not wash eggs, as they have been properly sanitized before packing. Do not leave eggs out more than two hours, as a cold egg left at room temperature can sweat, which may cause bacteria growth. Shell eggs and hardboiled eggs need to be returned to the refrigerator within two hours. But if the temperature is 85 degrees or above the eggs need to be refrigerated within one hour.



In season now! Look for firm stalks with dry, tight tips. Fresh asparagus should snap when bent. Though best eaten the day purchased, asparagus can be refrigerated for up to four days by wrapping the ends of the stalks in a wet paper towel and placing the vegetable in a plastic bag.



Eggs are a quick and convenient addition to any meal. Hardboiled, microwaved, scrambled – they are delicious and nutritious any way you make them.

Pick up cereal, nuts, dried fruit and popcorn. Mix together and put into zip top baggies for a quick snack on-the-go:

