

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.

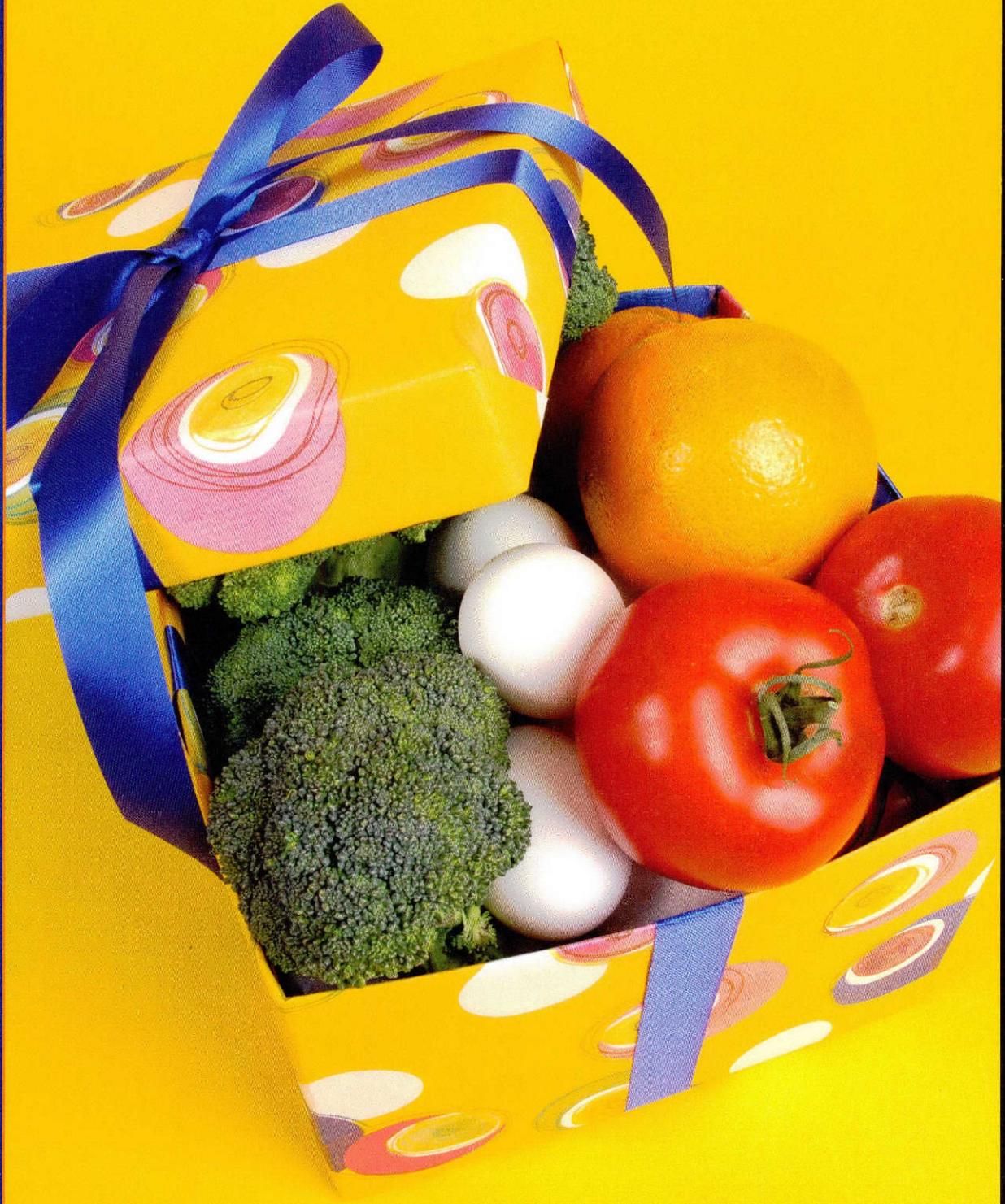
A love for oranges.

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  $\frac{3}{4}$  cup orange juice in a small bowl. In a larger bowl, mix together 1 cup flour, 1 cup rolled oats, 1  $\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{2}$  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.

Reprinted with permission of the Massachusetts WIC Nutrition Program

Cover photography by Michael Young [www.yamstudio.com](http://www.yamstudio.com)



USDA is an equal opportunity provider and employer.

© 2015 Department of State Health Services.  
Nutrition Services Section. All rights reserved.



**GOOD FOOD and  
A WHOLE LOT MORE!**

13-06-12900 08/15