

Nourish your brain and body!

Breakfast gives us important nutrients to fuel our brains and bodies. Children who eat breakfast are better able to focus and learn.



Eat together as often as you can!

- Children who eat with at least one parent or caring adult have better social and language skills and a stronger sense of connection and belonging.
- Eating together doesn't have to be just at dinner time – breakfast offers a great chance to connect, too!

On the Go Breakfast Ideas

Banana Berry Smoothie

Combine in a blender and mix well: 1 banana, ½ cup yogurt or soft tofu, ½ cup berries (fresh or frozen)
Add water, milk or fortified plant-based beverage to desired consistency and serve!



Banana Boat Sub

Spread peanut or nut butter on a whole wheat sub or hotdog bun and add a peeled banana; serve with milk or fortified plant-based beverage

Crunch in a Bag

- Put 1 cup of crunchy unsweetened cold cereal in a container
- Add unsalted peanuts, sunflower seeds, raisins, dried banana chips or apple slices and shake!
- Serve with yogurt, milk or plain fortified plant-based beverage

Swift Serve Breakfast

Combine 3 of these options:

- Milk or fortified plant-based beverage
- Oat/bran muffin or whole grain toast
- Eggs or nuts or yogurt
- Berries or sliced fruit



At Home Breakfast Ideas!

Hot or Cold Unsweetened Cereal

Add ¼ cup raisins and chopped nuts or ½ cup sliced fruit to your favourite unsweetened cereal; serve with milk or fortified plant-based beverage

Quick and Simple Ideas

- Egg and veggie scramble (cooks fast in the microwave!)
- Whole grain pita stuffed with cottage cheese and sliced fruit
- Whole grain tortilla with tuna, chopped tomatoes and greens
- Whole grain bagel or bannock with cream cheese and tomato
- Baked beans or sardines on whole grain toast; serve with milk or fortified plant-based beverage

Fuel up with Snacks

Snacks give us nutrition and energy for the day's activities. Children are growing and active, so offer 2-3 snacks a day. Aim for at least 2 food groups at each snack.

Vegetables and Fruits

- Fresh, canned or frozen

Protein Foods

- Hard boiled or devilled egg
- Bean dip or hummus
- Steamed edamame
- Cheese or yogurt
- Nuts, unsweetened nut butters, pumpkin seeds

Whole Grain Foods

- Oatmeal or whole grain cereal
- Bagels, muffins, crackers or pita
- Homemade muffins

Building a positive relationship with food takes time. One way to start is to eat mindfully, slowly, and without distractions.

See Meal and Snack Ideas at [Canada's Food Guide](#)



Try these Combos!

- Peanut butter on celery with raisins on top
- Whole grain crackers with cheese or hummus
- Peach or pear halves filled with cottage cheese
- Sliced tomatoes and cucumber on whole grain bread



Crunchy, Crispy Foods

- Thinly sliced carrot or celery sticks, snap peas with ranch dip
- Apple wedges - try with peanut butter or sprinkle with cinnamon
- Air-popped popcorn sprinkled with herbs or parmesan cheese

More Ideas

- Yogurt topped with frozen berries and nuts
- Whole grain English muffin topped with avocado or apple slices and melted cheese
- Sliced cucumber or bell pepper with hummus
- Whole grain toast with peanut or no-nut butter and banana
- Cheddar cheese and whole grain crackers with cherry tomatoes
- Check out [Lunches To Go](#)



Reduce Choking Risk

For children under 4 years, do not give:

- Whole nuts, whole hot dogs, whole grapes
- Large pieces of hard fruit or vegetables
- Peanut/nut butter by the spoonful
- Popcorn, hard candies, marshmallow



Healthy Teeth

These foods are nutritious but high in sugar or stick to the teeth, which can cause tooth decay - try to eat them only with meals

- Dried fruit like raisins, prunes, apricots, figs
- Baked goods like cookies, crackers, granola bars

Quench your thirst with water!

- Turn water into a refreshing work of art by adding fresh herbs, fruits or veggies

