

Health Tip of the Month

Breakfast Time Savers

Don't have time for breakfast?

Breakfast is the first meal that gives you and your family **energy** to get through the day. So don't lose out on a healthy start during the morning rush!



Prepare for breakfast the night before and save precious minutes in the morning!

Eat breakfast every day!

Prepare for breakfast the night before!



Love cereal in the morning?

- ◆ Lay out bowls, spoons, and cereal on the table ready to be used when you wake up.

Top your breakfast with fruit?

- ◆ Wash and cut up fruit, and store in the fridge. Toss in your cereal, oatmeal, or yogurt in the morning.



Can't find what you're looking for?

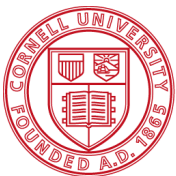
- ◆ Organize breakfast foods in your fridge near the front within easy reach.

Craving for an egg omelet?

- ◆ Chop the veggies, even sauté and store in fridge.
- ◆ Portion out the cheese.
- ◆ Lay out the frying pan, spatula and oil spray near the stove for immediate use in the morning.

Eating breakfast on the go?

- ◆ Pack your brown bag with yogurt and a spoon, or a peanut butter and jelly sandwich with a fruit. Keep in the fridge and grab and go on your way out the door.



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Worksite Wellness Initiative: by Nili Block Dietetic Intern
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