



# OCTOBER UPDATE

## FRESH FRUIT & VEGETABLE PROGRAM

### Making Sure Breakfast Happens!

Everyone has heard that breakfast is the most important meal of the day. It is true! Breakfast brings your blood sugar levels back to a normal level. Eating breakfast helps your body get ready to be active, your brain ready to learn and retain information, and keeps you from overeating or making poor meal choices later in the day. Here are some items that are easy to put together in 5 minutes or make ahead of time and freeze so that it can be heated up and eaten on the way out the door.

- **Breakfast Burrito/Quesadilla**
- **Breakfast Sandwich**
- **Protein Muffins**
- **Peanut Butter and Jelly Sandwich**
- **Fruit Cup and Yogurt**
- **Oatmeal**

### Making Sure Your Children with Allergies Enjoy Halloween Safely

Every child looks forward to October for one reason...Halloween! Halloween is an exciting holiday where kids get to dress up and go door to door collecting candy. Unfortunately for some children eating the wrong piece of candy could send them to the hospital. Here are a few tips for parents of children with allergies to help ensure that Halloween is just as fun and exciting for your kids.

- **READ ALL FOOD LABELS:** The Food and Drug Administration requires that all products list the top 8 major allergens in the food items ingredient list.
- **THE ASK BEFORE EATING RULE:** Have regular conversations with your child around Halloween time about watching out for certain ingredients in candies. You can also hold the candy bag for your child so they can run freely. Also having your child ask you about the candy before eating anything will help ensure that they do not eat anything potentially harmful.
- **IF YOU DONT KNOW, DONT EAT:** If you are given a homemade sweet treat or are not sure if a candy may contain an allergen, throw the candy away and give your child a treat or toy that you know will make them happy without harming them.

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- Radish
- Oranges
- Broccoli
- Passion Fruit
- Okra
- Cactus Pear
- Blood Orange

Menu items subject to change based on availability.

### EZ FREEZE BREAKFAST BURRITO

**Serves: 10 People**

10 Whole Wheat Tortillas

#### **Ingredients**

- 1 dozen eggs
- 1 lb deli ham, cut into small pieces
- 1 lb cheddar cheese
- 1 can refried beans
- 1 cup Salsa

#### **Instructions**

- Heat up a big saute pan and scramble your eggs in it, slightly undercook the eggs
- In a large mixing bowl mix together your eggs, ham, cheese, beans, and salsa
- Scoop the mixture into tortillas and fold up the tortillas
- On a separate pan sear the folded end of the burrito to create a seal
- Wrap the burritos in a paper towel and plastic wrap and then freeze