

# Freezer Favorites Offer Fuel for School

(NAPSA)—Long school days, after-school sports and extracurricular activities...children today are often busier than their parents, and good nutrition is crucial to fuel their energy level throughout the day. Unfortunately, in the daily grind, harried families get off to a bad start by skipping their most important meal, breakfast. In fact, approximately 25 percent of the population skips breakfast on average, according to the NPD Group, Inc.'s National Eating Trends Survey.

So how do you make sure your morning routine becomes a healthy one? Leanne Ely, CNC and author of *An Irreverent Guide to Understanding Nutrition and Feeding Your Family Well* and *The Frantic Family Cookbook* says it is as simple as opening the freezer door.

Frozen foods are quick and easy alternatives when preparing a nutritional breakfast guaranteed to get your child off to a good start. "It's very important to provide the right nutrition for your children at the beginning of day, it's the fuel that will keep them going strong," says Ely. "Your freezer can be a gold mine when it comes to breakfast, offering delicious, healthy options like whole grain waffles or pancakes topped with frozen berries or breakfast burritos that are easy to heat up and grab on the run."

Contrary to what most people think, the freshness and nutritional value of some frozen foods are greater than fresh foods, thanks to cutting-edge flash freezing technology. Frozen foods are picked and harvested at their peak and then processed under optimal conditions.

Here are some easy-to-follow tips on keeping breakfast nutritiously simple:

**Fueling Kids until Lunch with Freezer Favorites**—A serving of protein in the morning, such as egg sandwiches or sausages available in the freezer aisle, will help keep kids feeling



full longer so they are set until lunch.

**Grab and Go**—Missed the bus? In a rush? You may prefer a grab and go breakfast. On-the-go options such as frozen breakfast burritos and egg sandwiches, when combined with a piece of fruit, provide the ultimate in quick meals.

**Fruit Smoothies**—Frozen fruits are available year-round and come in different varieties. Picked at their peak, fruits are frozen immediately, locking in their nutrients and freshness, providing a nutritional morning treat or afternoon energy booster that is guaranteed to please.

**Juice Them Up**—Frozen orange juice takes only minutes to prepare and complements a nutritious breakfast by adding essential nutrients and Vitamin C. If your kids don't like OJ, there are dozens of flavors of fruit juices available in the freezer case.

"Frozen foods provide the variety and versatility that today's busy families need," says Ely. "In addition to breakfast, the freezer aisle can also provide a quick afternoon snack and easy dinner options. Families can view their freezer as a modern-day pantry, from quick and easy after-school snacks kids can prepare themselves, to complete meal selections that can go from freezer to table in minutes."

For more information on freezer favorites log on to [www.nfraweb.org](http://www.nfraweb.org).