

Children's Health

Fuel For School

(NAPSA)—Nutritionists agree that a good breakfast is crucial to fuel the energy level of children throughout their day. Unfortunately, many families skip breakfast due to hectic morning schedules.

How do you make sure your morning routine becomes a healthy one? It can be as easy as opening your freezer or refrigerator door. Frozen and refrigerated foods are quick and easy, tasty and nutritious, and can help you and your family get the day off to a good start.



- Try whole grain waffles, pancakes and French toast; top with frozen berries.

- Mix together non-fat yogurt, frozen strawberries, skim milk and bananas for a delicious smoothie.

- Top a toasted bagel with peanut butter and serve with fruit.

- Create a peanut butter and jam-filled waffle sandwich and serve with orange juice.

- Make a delicious shredded cheese omelet and serve with pre-cooked sausage.

- When you are really in a rush, you can try the many breakfast bowls and sandwich selections, ready to heat and serve in minutes.

The National Frozen & Refrigerated Foods Association (NFRA) observes "Fuel for School" Frozen and Refrigerated Foods Festival every October. The Association suggests that in addition to excellent breakfast selections, you can look to the cool aisles for healthy options for school lunchboxes and



Pancakes topped with berry syrup can be a "berry" good way to get youngsters well fueled for school.

after-school snacks, including a variety of yogurts, cheeses, jellos, puddings, juices, popsicles, sandwiches, pizza snacks and more.

In celebration of the Fuel for School Festival, NFRA created a \$12,500 Fuel for School Sweepstakes. For contest dates, official rules and an entry form, visit www.BringUsToYourTable.com.

Here is a delicious Mixed Berry Topping for your favorite pancakes, waffles or French toast.

Mixed Berry Topping

1 12-oz. pkg. Frozen Mixed Berries, thawed

¼ cup honey

½ tsp. ground ginger

Combine ingredients in a medium saucepan. Over medium-low heat, cook and stir until warm and well blended. Serve over frozen pancakes, waffles or French toast, prepared according to package directions.