

# Need To Make A Quick Breakfast?—Turn To Your Toaster!

(NAPSA)—Parents need to think fast in the morning. Getting themselves and their kids out the door while making sure the family has a nutritious breakfast is important.

Picture this: It's Monday—you're running late and your kids want a warm breakfast complete with French toast, but you're pressed for time. What should you do?

Thanks to Eggo, parents can serve slices of French toast right from the toaster with the new Eggo French Toaster Sticks. Eggo French Toaster Sticks are hot and delicious with a crispy-on-the-outside and a fluffy-on-the-inside texture. They also come in convenient, break-apart sticks that are perfect for eating on the run.

According to recent research conducted for Kellogg, while nearly half of the parents surveyed said their kids “love” French toast, they were only able to serve it on weekends or special occasions because they didn't have the time to prepare it. However, 82 percent agreed that if they could serve a pre-made, ready-to-heat-in-the-toaster French toast, they'd serve it more often. And, 66 percent said they would be very likely to purchase a product served as sticks for easier preparation and handling by their children.

As the first French toast offering for the Eggo brand, Eggo French Toaster Sticks take only a



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few minutes to “Toast ‘Em and Go.” Kids love the delicious taste and you don't even need syrup to enjoy them. Eggo French Toaster Sticks—available in original and cinnamon flavors—also contain 30 percent less fat than competitive products, have 220 calories per serving and include a number of key vitamins and nutrients, ranging from calcium and iron, to vitamin A and folic acid.

Try these other simple solutions to help reduce morning stress. Registered dietician and

health/nutrition columnist Christine Palumbo suggests the following tips:

- **Get organized at night**—It's common sense, but it really does save time to lay out clothes, put the briefcase and the backpacks by the door, and pack tomorrow's lunch at night. Seconds add up to minutes and minutes can be the difference between being on time and being late.

- **Get to sleep!**—Dragging in the morning is typically a result of not getting enough sleep at night. Being alert and awake because of a good night's sleep helps you get through the morning quicker.

- **Delegate responsibilities**—Don't feel like you have to do it all yourself. Even elementary school kids can pick out their own clothing and pack their lunch.

- **Clear your head**—The difference between stress and bliss is as small as taking 15 seconds to close your eyes and collect your thoughts. This may not save you much time, but it will improve your mood and make you ready to take on the day.

By combining delicious and easy-to-make foods like Eggo French Toaster Sticks, with common sense tips to save time and reduce your stress each morning, you'll not only give your kids what they want, but feel organized and happy when you walk out the door in the morning.