

# Make half your grains whole every day!

## MENU

**BREAKFAST** - SELECT WHOLE GRAIN BREADS AND CEREALS, A BOWL OF OATMEAL OR A WHOLE GRAIN WAFFLE OR PANCAKES.

**LUNCH** - LOOK FOR WHOLE WHEAT BREADS FOR YOUR SANDWICHES. WHOLE GRAIN ADDS FLAVOR AND A BOOST OF NUTRITION. MAKE A SALAD OR SOUP WITH BROWN RICE OR BULGHUR WHEAT.

**DINNER** - ADD BROWN RICE OR QUINOA TO YOUR DINNER PLATE AND YOU'LL GET THE EXTRA BENEFITS OF FIBER AND HEALTHY ANTIOXIDANTS.

**SNACKS** - TRY A GRANOLA BAR OR WHOLE WHEAT CRACKERS.

*Whole grains are an important part of a healthy meal.*

Adding whole grains to your family's meals gives them fiber, vitamins and minerals, and extra healthy antioxidants - all are essential to good health!

Eating whole grains daily can lower your risk of chronic illnesses such as stroke, diabetes, heart disease and high blood pressure. Whole grains will also help lower cholesterol and help maintain a healthy weight.

*Your child care provider strives to serve whole grains to your children at least once a day.*

### Oatmeal Pancakes

2 cups oatmeal	2 Tbs baking powder
2 cups 1% or skim milk	1/2 cup sugar
4 Tbs vegetable oil	2 tsp salt
4 eggs	1 tsp cinnamon
1/2 cup flour	

Combine oatmeal and milk together in a bowl. Let the oatmeal soak for 15 minutes. Add the oil, eggs, flour, baking powder, sugar, cinnamon and salt to the oatmeal mixture. Add a little more milk if batter is too thick. Heat a nonstick skillet to medium high heat. Spread 1 Tbs oil in skillet. Pour the pancake batter on the skillet, in the desired size, about 4-5 inches wide. When bubbles start to appear on the pancake, flip it over. Cook until both sides are lightly browned and the center of the pancake is cooked.



### Oodles of Noodles

2 1/4 cups whole wheat pasta	1 Tbs fresh garlic, minced
1 1/2 Tbs of olive oil	3 Tbs whole wheat flour
2 1/4 cups fresh grape tomatoes	2 1/2 cups low sodium vegetable broth
1 1/2 tsp dried basil	4 cups fresh Swiss chard, stems removed, chopped
1/4 tsp sea salt	
1/4 tsp pepper	

In large pot, bring 2 quarts water to a boil. Stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Drain.

Heat olive oil in a large skillet over medium heat. Add half of tomatoes. Cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes. Add basil, salt, pepper and garlic. Stir.

Sprinkle flour over tomatoes. cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta.

### Granola Bars



1 cup rolled oats	
1 cup steel-cut oats	
1 cup crispy rice cereal	1/2 cup brown sugar
1/2 cup chopped mixed dried fruit	1/4 cup honey
1/2 cup chopped almonds	2 tsp vanilla
1/4 cup butter	1/2 cup mini chocolate chips

Grease a 9x13 inch baking dish.

Mix both oats, rice cereal, dried fruit and almonds in large bowl.

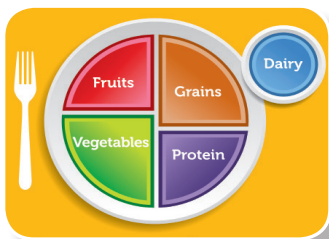
Melt butter in a saucepan over medium heat; add brown sugar, honey and vanilla. Whisk until sugar is completely dissolved, about 2 minutes. Pour over oat mixture; stir to combine.

Spread oat mixture into prepared baking dish. Press chocolate chips into top. Refrigerate until chilled, about 1 hour.

*Whole Grains: Healthy, Convenient, Delicious!*

Eating whole grains one or more times a day can decrease the risk of heart disease by 25%.

## The Child and Adult Care Food Program



*"Where Healthy Eating Becomes a Habit"*

Your Family Child Care Provider and The Child and Adult Care Food Program (CACFP)  
Partners in Quality Child Care and Nutrition Services

*There's no power like parent power!  
Eat well and move more to care for yourself  
and your family.*

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