

# Our Breakfast Plan

**Our Breakfast Plan** is a tool for creating better breakfasts at home:

1. Gather your family to talk about the foods you want at breakfasts. Check healthy foods listed below, that you agree should be served at least once a week. Or, cross out foods that the family can't agree on. And, add your own healthy foods.
2. Decide together on how often everyone will eat breakfast together, sitting down.
3. Have family members sign, or write their initials on **Our Breakfast Plan**.
4. Then, post **Our Breakfast Plan** on the refrigerator, for everybody to see.

At least once a week, we agree to eat these healthy foods for breakfast:

<input type="checkbox"/> whole grain cereal	<input type="checkbox"/> fruits
<input type="checkbox"/> whole grain bread or toast	<input type="checkbox"/> vegetables
<input type="checkbox"/> smoothies	<input type="checkbox"/> milk
<input type="checkbox"/> eggs	<input type="checkbox"/> oatmeal
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

We agree to eat breakfast together, sitting down, on: ☐ Mondays ☐ Tuesdays

☐ Wednesdays ☐ Thursdays ☐ Fridays ☐ Saturdays ☐ Sundays

Signed, or initialed by: \_\_\_\_\_

\_\_\_\_\_