Dear Parent:

As parents, we want to share many important lessons with our children. Two valuable things parents can teach their children are a love of reading and a love for healthy foods. The Book in a Bag program was designed to develop both of these skills—reading books that focus on foods together with your child. Reading to your child says “you are important, and I enjoy spending time with you.”

The planned fun activities that go along with each book will help your child remember the story and the food message that it brings. Parents, you will want to remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child’s questions or remarks.
- Put variety and “life” into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—HAVE FUN!

Healthy Basics

This lesson centers around healthy grain foods. Our featured grain is oats. You will find recipes using oatmeal and other oat cereal, and suggested activities using oats.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.
Oatmeal is nutritious enough to eat every day! To keep it interesting, here are some suggestions for topping your morning bowl of oats.

- Strawberry yogurt and sliced banana
- Peanut butter and apple butter
- Coarsely chopped canned peaches and a sprinkle of cinnamon
- Chunky applesauce
- Raisins and cinnamon sugar

Read All About It!

The featured book in this lesson is:

The Seven Silly Eaters by Mary Ann Hoberman
Ages 4–7

Additional books you might enjoy sharing with your child are:

- Pancakes, Pancakes by Eric Carle
  Ages 4–8
- Jake Baked the Cake by B.G. Hennessy
  Ages 4–8
- More Spaghetti, I Say! by Rita Golden Gelman
  Ages 5–7

Check for these titles at the public library!

Try this activity

Use this fun oatmeal dough to model like clay!

- 1 cup flour
- 2 cups oatmeal
- 1 cup water

Gradually add water to flour and oatmeal in bowl. Knead until mixed—this dough is sticky, but unique in texture. Model as with clay.

Breakfast Bars

16 bars

- 6 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/2 cup nonfat dry milk
- 1/4 teaspoon cinnamon
- 1 cup raisins
- 4 cups toasted oat rounds

1. Butter a square pan, 9x9x2”.
2. In a large saucepan, melt butter and marshmallows over low heat, stirring constantly.
3. Stir in peanut butter until melted.
4. Remove from heat and stir in milk and cinnamon.
5. Fold in raisins and cereal, stirring until evenly coated.
6. With buttered hands, pat into pan.

Nutrition Facts

<table>
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<tr>
<th>Serving Size (39g)</th>
<th>Calorie Information</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>1 bar</td>
<td>Calories 170</td>
<td>Total Fat 9g</td>
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<tr>
<td></td>
<td>Calories from Fat 80%</td>
<td>Saturated Fat 1.5g</td>
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<tr>
<td></td>
<td>Cholesterol 0mg</td>
<td>Sodium 160mg</td>
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<tr>
<td></td>
<td>Total Carbohydrate 21g</td>
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<tr>
<td></td>
<td>Protein 4g</td>
<td>Sugars 16g</td>
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Vitamin A 10% • Vitamin C 6%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.