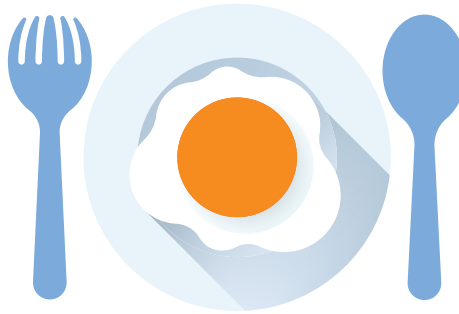


KOHL'S
Healthy
at Home

Quick, Healthy Breakfasts at Home or To-Go!

QUICK TIPS

If you're short on time, your child can get a low-cost, healthy breakfast at school; ask the nutrition services department at your child's school for more information



Serve only water, low-fat milk, or 100% juice with breakfast

Let your children help with grocery shopping and preparing quick breakfasts

MAIN DISHES



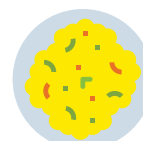
Whole grain waffle, pancake, or toast with peanut/sun butter or fruit toppings (Bonus: Check out our fun animal toast faces [here!](#))

Whole grain bagel with low-fat cream cheese



Oatmeal with cinnamon or fruit on top

Low-sugar cereal (under 6 grams per 1 dry ounce) with fat-free/1% milk



Scrambled eggs, low-fat cheese, and veggies like spinach or peppers



Frozen berries, spinach, low-fat yogurt blended into a smoothie (Bonus: Can take this to-go in a water bottle)