



Family Resource Center Association
Connecting Resources, Impacting Lives.

Family Resource Center Association Breakfast Recipe Booklet



Family Resource Center Association

About the Family Resource Center Association

At the Family Resource Center Association, we connect Family Resource Centers to the tools they need to serve vulnerable Colorado families. Our network of 24 centers works to meet many needs of families, whether those needs are basic necessities such as food, or life-skills such as parenting classes. We want families to leave our centers with the skills and resources needed to thrive independently.

About the Recipes

These simple breakfast recipes were created to be nutritious, child-friendly and reasonably priced. All breakfast ingredients can be easily obtained and afforded by a Colorado family of four living on food stamps. This means the breakfasts in this booklet can feed a family whose budget only allows for a few dollars to go toward food each day.

Registered dietitian Malena Perdomo spearheaded a project with Sitira Pope, a student of Metropolitan State University, to create these healthy, budget-friendly breakfasts. Perdomo is a well-known voice of nutrition in the Latin culture and a certified diabetes educator with a great deal of experience educating others about how to adopt healthy eating habits and lifestyles. Perdomo is also an adjunct professor of nutrition at the Metropolitan State University of Denver. To learn more, visit her website at: www.malenanutricion.com/en

Cinnamon Wheat French Toast

Create a healthy and affordable french toast breakfast

What You Need

Serves 4:

- 4 slices wheat bread
- 1-2 tablespoons canola oil
- 2 eggs
- 1/4 cup and 3 tablespoons milk
- 1/4 teaspoon ground cinnamon
- Syrup (optional)
- 2 whole oranges, thinly sliced
- 4 cups of milk or 4 mini yogurts

How to Prepare

Whisk eggs and milk together. Pour canola oil in pan and heat over stove. Dip bread in egg mixture and cook in pan, flipping until both sides are golden brown. Serve with orange slices and milk or mini yogurts. Top with syrup.



Nearly 1 in 7 Coloradans struggle with hunger, facing times when there is not enough money to buy food for their families or themselves.*

In 2014, FRCA member Sister Carmen Community Center distributed 1,289,558 lbs of food to 2,615 households within their community. Sister Carmen is just one of FRCA's member centers that offers a food bank.

Egg sandwich

This budget-friendly sandwich includes tomatoes & spinach.

What You Need

Serves 4:

- 8 slices whole wheat toast or whole wheat mini bagels
- 4 poached eggs (or cooked as desired)
- 1/2 cup fresh spinach leaves
- 1 tomato, sliced
- Salt and pepper for flavor
- 2 bananas, cut in 4 pieces
- 4 cups of milk or 4 mini yogurts

How to Prepare

Poach eggs or cook as desired. Place cooked eggs on toast or bagel half. Add spinach and tomato slice and top with toast or second bagel half. Serve with sliced banana and milk or mini yogurts.



Nearly 1 in 5
Colorado kids may not
know when or where they
will get their next meal.*

FRCA's member centers offer a variety of Cooking Matters classes, which help families shop for and cook healthy meals on a budget. In 2014, over 1,100 people participated in Cooking Matters classes through member centers.

*Colorado Children's Campaign, 2014 *KIDS COUNT* in Colorado!, March 2014

Oatmeal with Sliced Banana

Complete this oatmeal breakfast with fruit and yogurt.

What You Need

Serves 4:

- 4 cups water
- 2 cups quick cooking or rolled oats
- 2 bananas, sliced
- Pinch of cinnamon on top of each bowl of oatmeal (optional)
- 4 cups of milk or 4 mini yogurts

How to Prepare

Heat water. Stir in quick cooking or rolled oats until water is absorbed. Top cooked oats with banana slices and cinnamon. Serve with milk or mini yogurts.

More than 1 in 4 working families in Colorado do not have enough food to meet their basic needs.*

FRCA member La Familia partners with The Growing Project to provide hundreds of pounds of fresh, organic produce for at-risk families through free Farmer's Markets. A number of FRCA's member centers offer healthy food through community garden programs.



*Census Bureau, American Community Survey 2011, September 2012

Breakfast Wheat Tortilla Wrap

Spice things up with this affordable egg tortilla wrap.

What You Need

Serves 4:

- 4 whole wheat tortillas
- 4-5 eggs, scrambled
or cooked as desired
- 1/2 cup fresh spinach leaves
- 1 tomato, sliced or salsa
- Shredded cheese (optional)
- Salt and pepper for flavor
- 1 apple, sliced
- 4 cups of milk or 4 mini yogurts

How to Prepare

Scramble eggs or cook as desired. Divide eggs into whole wheat tortillas. Add spinach, tomato slices, salsa and cheese (optional). Serve with apple slices and milk or mini yogurts.

Among all Colorado children, those under the age of 6 are most likely to be in poverty and live in homes without enough food.*

FRCA member centers help families set and attain self-sufficiency goals so they can build successful futures.



*Colorado Children's Campaign, 2014 KIDS COUNT in Colorado!, March 2014



Family Resource Center Association
Connecting Resources, Impacting Lives.

CONTACT US

Family Resource Center Association
1888 Sherman Street, Suite 100
Denver, Colorado 80203
303.388.1001
www.cofamilycenters.org