

*7 Days of Family Breakfast*





*Breakfast is more than a meal -  
it's a chance to connect with your  
family at the beginning of the day.*

We created this guide to give you one week of ideas that will help make that time easier, more fun, and more meaningful. Don't feel pressure to follow the guide closely. Just take the ideas and tips you like and try them out!

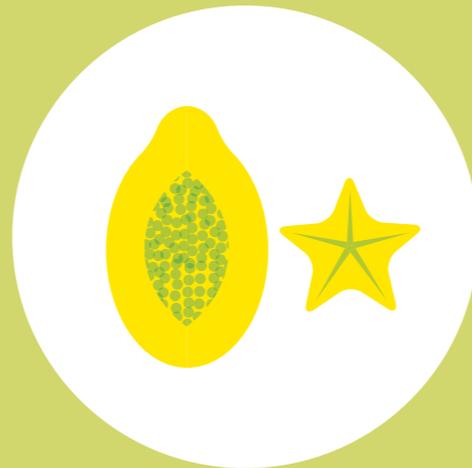
## PREP YOUR PANTRY

*To get started, get your kitchen ready for the week ahead:*



### MILK

1/2 gallon-size milk of your family's choice. (This smaller size makes it easier for kids to pour.)



### FRUIT

A few new fruits for your family to try. (They'll come into play on day 4!)



### EXTRAS

Fun extras like berries for cereal toppings, and new flavors of jam or granola for yogurt.



### BASICS

Basics like cereal, yogurt and bread for toast.

# *Invite your family to breakfast*

Make sure you kick your week of breakfasts off right! We've created an invitation that you can customize and send to each member of your family, letting them know that breakfasts are going to be extra special, fun and delicious this week.



**DOWNLOAD:**  
Breakfast Invitation





**DAY**  
**1**

*Start Together*





*Make it **Easier***

# Clothing checklist

Help your kids make time for breakfast by giving them a printable checklist that helps them plan their clothes out at night. This will make it easier to create time for breakfast, and will make your kids feel like they're helping out by being prepared.



**DOWNLOAD:**  
Clothing Checklist.





*Make it Meaningful*

# "What is your wish & worry?"

Talking with your kids about their wishes and worries for the day will give you a chance to give them advice and help them brainstorm possible solutions. Ask everyone to share what they wish will happen in their day, and what they're worried about.



**KEEP IT GOING:** At dinner, have everyone reflect on their day by asking what the rose (best moment) and thorn (worst moment) were. This will help you get insight into their feelings, and give you a chance to offer advice.



*Make it Fun*

# Create your family's morning playlist

Together, create a playlist of your family's favorite songs and make it a part of your mornings.

Teach your kids about your favorite music so they can learn a thing or two about music history - and about you! You may learn something new about what they like, too.



**PASS IT ON:** Share moments from your family's morning at [#FamilyBreakfast](#)

**DAY**  
**2**

*Connect*





*Make it **Easier***

# Jumbo breakfast cookies

Make the whole week ahead fun by baking Jumbo Breakfast Cookies with the recipe on the next page. Get creative with ingredients to make them something your family will really love. Swap pecans in for raisins - or anything else you love!



**TIP:** Try to make individual cookies so each kid can personalize theirs. They'll be extra excited to eat it!



# Jumbo breakfast cookies

**PREP TIME:** 15 Min    **TOTAL TIME:** 45 Min    **MAKES:** 12 to 15 cookies



## INGREDIENTS

1 1/4 cups sugar	1 1/2 cups all-purpose or whole wheat flour
1/2 cup butter or margarine, softened	1 cup old-fashioned or quick-cooking oats
1/2 cup peanut butter	1 cup raisins
1/4 cup water	1/2 teaspoon salt
1 tablespoon vanilla	1/2 teaspoon baking soda
1 egg	4 cups Cheerios® cereal

## DIRECTIONS

1. Heat oven to 375°F.
2. In large bowl, stir together sugar, butter, peanut butter, water, vanilla and egg.
3. Stir in remaining ingredients except cereal.
4. Gently stir in cereal.
5. On ungreased large cookie sheet, drop dough by rounded 1/2 cupfuls (rounded 1/3 cupfuls for 15 cookies) 4 inches apart.
6. Flatten dough to about 1 inch thick. (Bake these crispy cookies as soon as the dough is mixed. Letting the dough stand a while or refrigerating the dough will make the cookies softer.)
7. Bake 13 to 15 minutes or until golden brown. Let stand 5 minutes before removing from cookie sheet. Store loosely covered.

## NUTRITION INFORMATION:

Calories: 390, Calories from Fat: 140, Cholesterol: 40 mg, Insoluble Fiber: 2 g, Potassium: 270 mg, Sodium: 340 mg, Soluble Fiber: 1 g, Total Carbohydrate: 56 g, Dietary Fiber: 3 g, Total Fat: 15 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 1/2 g, Protein: 7 g, Saturated Fat: 6 g, Sugars: 29 g, Trans Fat: 1/2 g, Fats & Oils: 2 tsp, Grains: 1 oz-eq, Meat & Beans: 1 oz-eq



*Make it Meaningful*

# "What were you like as a kid?"

Have your kids ask you what you were like as a kid.

- Who was your favorite teacher?
- What was your favorite subject?
- Who was your best friend?
- What was your favorite game to play at recess?



**KEEP IT GOING:** At dinner, have parents ask kids the same questions.





*Make it Fun*

# Make lunch box notes

Put some note pads on the table and have people write notes for one another's lunch boxes. (No peeking allowed!) Notes of encouragement can make a big difference in your family's day.



**PASS IT ON:** Share moments from your family's morning at [#FamilyBreakfast](#)



**DAY  
3**

*Laugh*





*Make it Easier*

# Create an out-the-door bin

Near the entry to your house, give everyone a bin for everything they need to grab on their way out the door. Whether it's their backpack, mittens, school supplies or umbrella, having everything in one place will make mornings faster and easier.



**TIP:** Have everyone prepare their bin at night to prevent mornings filled with searching around for stuff when you're trying to get out the door!





*Make it Meaningful*

# Name your family rituals & traditions

The things you do together are what makes your family unique.

They're also what your kids will remember once they're all grown up. Together, name three things you love to do as a family, and make a plan for how you can continue to make them meaningful.





*Make it Fun*

# Play a practical joke

Put a gummy worm in someone's cereal as a practical joke to start the morning with a laugh! As your family eats, have everyone share their favorite joke.



**KEEP IT GOING:** Ask everyone to find a new joke today to share at dinner.



**PASS IT ON:** Share moments from your family's morning at #FamilyBreakfast



**DAY**  
**4**

*Learn*





Make it **Easier**

# Teach the kids how to make coffee

While kids are too young to drink coffee, they don't have to feel left out of what they see as a special ritual for their parents. Teach your kids how to prepare your coffee in the morning and they'll feel empowered by doing something nice for you.



**DOWNLOAD:**  
"How to make coffee" worksheet.





*Make it Meaningful*

# Forecast your day

Have everyone predict what their day will be like using weather analogies. If you're nervous, there's a chance of thunderstorms. If you're excited, it's all sunshine. Give your kids tips about how to handle what they're worried about.



**KEEP IT GOING:** Check back in at dinner to see how everyone's day actually went.



*Make it Fun*

# Introduce a new fruit

Have your kids try a fruit they've never had before, like pomegranate, papaya or star fruit. Family breakfast is the perfect time to introduce them to exotic new tastes.



**PASS IT ON:** Share moments from your family's morning at [#FamilyBreakfast](#)



**DAY**  
**5**

*Create*





*Make it **Easier***

# Designate breakfast drawers

In your fridge and pantry, create a drawer just for breakfast supplies. Make sure it's low enough so that the kids can reach. Use the list on the next page to make sure you're always stocked up on the supplies you need.



**TIP:** Being able to easily find and reach breakfast supplies will empower your kids to get their own breakfast or make it for one other.



# *Breakfast Drawers*

## In the fridge



Yogurt



Fruit cups



Tangerines  
or clementines



Apple slices



Cheese sticks

## In the pantry



Raisins



Your cereal  
of choice



Peanut butter



Granola bars



Plastic silverware (for  
on-the-go breakfasts)



*Make it Meaningful*

# Using your imagination

If you were an animal, what kind of animal would you be? Have everyone share their answer, and see if anyone is surprised by the answers. Encourage people to use this game as a chance to share their favorite traits about one another.





*Make it Fun*

# Story sentences

Have everyone tell a one-sentence story about what they think will happen in everyone's day. Will dad eat a boatload of popcorn during a meeting? See just what your kids think you do all day.



**KEEP IT GOING:** At dinner, have people report what actually happened. Did it match the story?



**PASS IT ON:** Share moments from your family's morning at [#FamilyBreakfast](#)



**DAY**  
**6**

*Love*





*Make it **Easier***

# Breakfast owl

Do you often see cute animal breakfasts on blogs and wish there were easier way to make them with your kids? Well here's your chance. This recipe is easy - and it will tap into your kid's imagination.

- 1.** Make a slice of toast
- 2.** Apply peanut butter
- 3.** Use banana slices and blueberries for the eyes
- 4.** Slice up a strawberry to make the beak and wings
- 5.** Layer some cereal for your owl's feathers





*Make it Meaningful*

# Simple acts of kindness

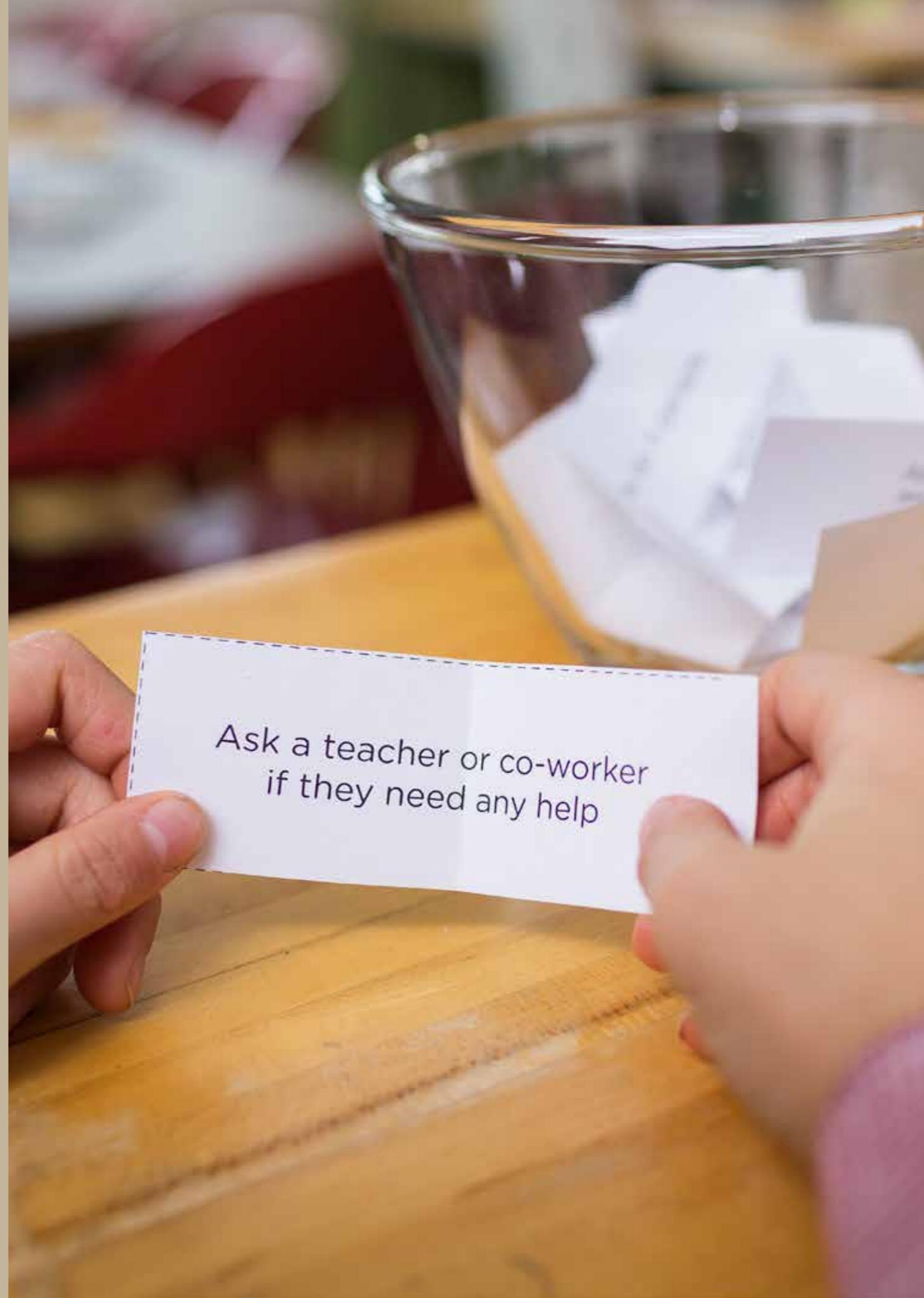
Using the print-out, fill a jar with ideas for random acts of kindness.

Have each family member draw one and challenge them to follow through with it during the day.

At dinner, have everyone report how it went and what you learned.



**DOWNLOAD:**  
"Simple acts of kindness"





*Make it Fun*

# “What I love about you” placemats

Using the print-out on the next page, create special placemats for everyone. Have each family member write what they love about each person, then have the kids color them. Cover them in clear packing tape to make them last longer.



**DOWNLOAD:**  
“What I Love about you” placemat.





DAY  
7

*Share*



*Make it **Easier***

# Yogurt parfait bar

Come together and build breakfast. A yogurt parfait bar makes it fun.

- 1.** Set out yogurt, fruit, cereal, and what ever else your family may enjoy.
- 2.** Put a serving spoon in each, and give all of your guests clear cups and glasses.
- 3.** Have everyone assemble their parfaits. Enjoy!



*Make it Meaningful*

# Get more people in on breakfast

If you've enjoyed breakfast with your family, bring more people to the table today. Whether it's your neighbors or your grandparents, bringing more people in will only make it more fun. Ask them about their own breakfast traditions and swap ideas and recipes.



**DOWNLOAD:**  
Breakfast Invitation





*Make it Fun*

# Play a game together

Have your big group sit around the table and play telephone. Choose someone to start, and have them whisper a phrase to the person on their right. Then, that person whispers that phrase to the person on their right, and so on, and so on. You won't believe how the story changes by the time it goes around the table!



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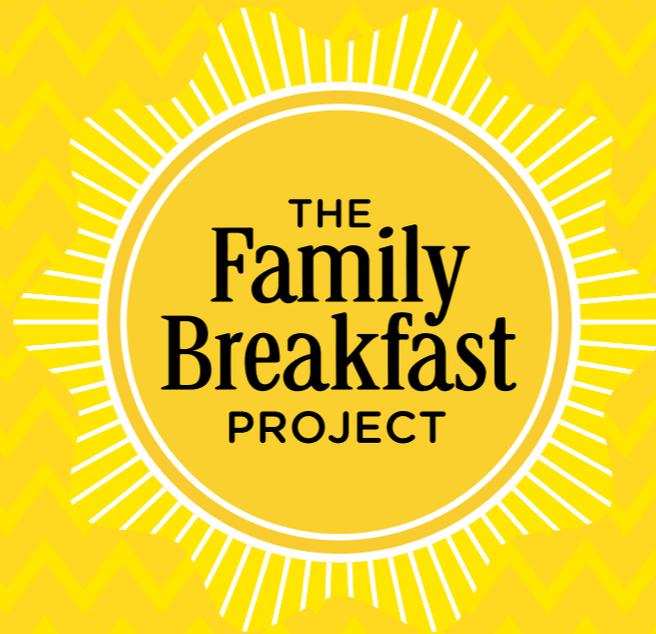
## *Now pass it on*

Did you enjoy The Family Breakfast Project? We believe that creating new habits is easier to do with friends or your whole community. Share this guide with those you care about, and let them know what you've learned!

### **Continue the journey**

Sign up for our email list or follow us on Twitter.

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**[cheerios.com/familybreakfast](http://cheerios.com/familybreakfast)**



*Thanks for joining us!*

