



January is "Oatmeal Month" Celebrate the New Year with good health.

- Enjoy a bowl of oatmeal.
- Buy low fat granola made with oatmeal. Granola make a delicious snack that children can eat with their fingers.
- Top your child's favorite yogurt with granola and fruit (blueberries, strawberries, peaches, pineapple)
- Sprinkle granola on your child's favorite breakfast cereal—adds fiber, nutrition and flavor!



Oatmeal is a whole grain.
Offer whole grains for at least 1/2 of your child's grains.

