

## In the cupboard...

**Porridge oats:** Cheaper if bought in bulk and will last a long time. A bowl of porridge can be less than 4p per bowl! Oats can be used in other breakfast recipes such as smoothies or breakfast muffins. They are a source of fibre and B vitamins.

**Cereals:** A good staple to keep in so that you always have something to eat at breakfast, or other times of the day. Buy them when they are on offer. Go for low to medium sugar cereals rather than high sugar – one piece of research showed that children can have half their daily sugar at breakfast!!!. Look at our help sheet for guidance.

**Bread products** such as toast, muffins, pita, crumpets, pikelets, teacakes, bagels make ideal breakfast choices. Choose wholemeal or wholegrain versions where possible as they will make you feel fuller for longer. You can store bread in the freezer and just take out what you need. Did you know the average person in the UK throws away half a loaf of bread a month?

**Flour:** This is useful and cheap to have in the cupboard for use in making muffins, fruit bread, pancakes, breakfast bars, crepes ....the list is endless.



## In the fridge...

**Eggs:** A versatile breakfast ingredient. You can make so many different breakfasts including scrambled, poached, boiled or baked eggs, frittatas, egg bread, Mexican eggs or omelettes...the list is endless. Eggs are a source of vitamin D, iron, protein, iodine, riboflavin and Vitamin B12.

**Yoghurt:** a useful ingredient in many of our breakfast recipes. Use by itself, with fruit, in smoothies, on cereal, as a pancake topping and in baking recipes. If you buy the larger containers, it will work out cheaper—just make sure you can use it all!

**Milk:** Fresh/longlife/vegan alternatives – all are handy to have in stock. They can be used to add to cereals/porridge or smoothies, as well as being used in baking and making pancakes. Milk and alternatives (if enriched) are a source of calcium, which is good for the bones.



## Fruit and veg...

**Vegetables:** Don't forget vegetables at breakfast! Savoury items such as mushrooms, tomatoes, beans all traditionally go down well at breakfast. You could also try some more unusual ones in your smoothie, for example, spinach or celery!

**Avocado:** This has become a trendy breakfast item. Have it on toast, in a wrap, in a smoothie or even by itself. A source of vitamin E, fibre and vitamin C.

**Frozen fruits:** these are great if you have storage room in your freezer. They defrost quickly when required and you can add these to yoghurts, cereal, porridge, pancakes and smoothies. It saves on waste as you only defrost the amount that you need. When I looked, frozen blueberries were a third of the price of fresh ones. Fruit is a source of vitamins and minerals.

