Family Fun Activity

Family Garden – Plan a family vegetable garden. Go through magazines and plant catalogs and decide what you want to grow. Read about how long it takes for a seed to grow and produce flowers or vegetables. Your garden can be "make believe" or you can all work together to make it real.

Active Games – Play active games together like freeze tag or hide and seek. Kids will love having adults play also.

Swap Picnic – Have a "swap" picnic. Let each family member pack a basket, box or bag with a picnic meal for one person. When everyone arrives at the picnic site, each person picks a basket – not their own! There are surprises waiting for everyone.

Breakfast Burrito

Supplies:

Flour tortillas
Eggs (1 per person)
2 Tbsp. shredded cheese per person
Chopped ham, if desired

What to do:

1. Warm tortillas in skillet or microwave. Place between paper towels to keep warm.
2. Lightly grease cooking skillet.
3. Beat egg(s) and scramble in skillet until thoroughly cooked. Add cheese and ham.
4. Divide egg mixture into flour tortillas and roll up. Serve.

Wake-Em-Up Toast

Supplies:

Bread or English muffin halves
Peanut butter or cheese spread
For peanut butter: bananas, raisins, jelly, jam, nuts and/or coconut
For cheese spread: pickles, olives, chopped cooked vegetables, and/or chopped cooked meat

What to Do:

1. Toast bread or English muffin halves
2. Spread each with peanut butter or cheese.
3. Use desired toppings from those listed above to make unusual faces on the toast. Serve.