



Share Your Family Meal Photos #EatTogetherIdaho



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Eat Together Idaho is an initiative from the Idaho Office of Drug Policy (ODP). The Eat Together Idaho campaign, and the Idaho Family Breakfast Meal Guide, are developed by ODP with support from The Family Dinner Project, Be The Parents, The Idaho Foodbank, and our many incredible state and local partners. For more recipes, conversation starters & activities, visit:

It's time to eat together Idaho!

# Idaho Family Breakfast Meal Guide



Recipes | Conversation Starters | Fun Activities

[EatTogetherIdaho.org](http://EatTogetherIdaho.org)



# The Power of Family Meals



Whether it's breakfast, lunch, dinner, or even just an afterschool snack – family meals foster connection, build strong relationships, and provide significant benefits for both parents and children.

Eating with others has been found to decrease loneliness, lower stress, and improve mental health among adults. Family meal time is also linked to higher self-esteem, improved nutrition, better academic performance, and lower rates of depression among children and teens.<sup>1</sup>

**Importantly, research has found that family meals can help prevent substance misuse and the development of substance use disorders.<sup>1</sup>**

**Pre-teens and teenagers that routinely eat a nutritious breakfast, and regularly eat meals with their families, are less likely to smoke, drink alcohol, misuse substances, and engage in other unhealthy behaviors.<sup>2</sup>**



## Breakfast is more than a meal...

## it's a chance to connect with your family at the beginning of the day.



Despite all the benefits, studies show that breakfast is the most skipped meal of the day, with 13% of school-aged kids and 27% of teens skipping breakfast on average.<sup>3</sup>

Want to boost your family's breakfast routine? The most effective way to strengthen the breakfast habits in your household is to eat it together! Parents who prioritize breakfast, and eat it themselves, are one of the most influential factors on whether or not their kids will as well.<sup>2</sup>

### Start the day sunny-side up!

So try these quick and easy recipes, fun activities, and conversation starters to help your family start the day right – even if you've only got a few minutes to spare.

You can find more resources at [EatTogetherIdaho.org](https://EatTogetherIdaho.org)

<sup>1</sup> What to Know About Family Meals and Substance Use. 2024. The Family Dinner Project. <sup>2</sup> Breakfast Skipping and Health Compromising Behaviors in Adolescents and Adults. 2003. European Journal of Clinical Nutrition. <sup>3</sup> Fuel the School Day with an A+ Breakfast. 2024. Mayo Clinic Health System.



# Trail Mix Banana Bread Muffins

Makes 12 muffins | Total prep & bake time: 35 minutes

- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup mashed overripe bananas (about 2 large bananas)
- 1/4 cup plain full-fat Greek yogurt
- 1/4 cup brown sugar
- 1/4 cup granulated sugar
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 large egg
- 2 cups trail mix, chopped

- 1 Preheat the oven to 350°F.
- 2 Mix the flour, baking soda, and salt in a medium bowl.
- 3 In a separate large bowl, mix the mashed bananas, yogurt, brown sugar, granulated sugar, oil, vanilla and egg until smooth.
- 4 Add the flour mixture to the banana mixture and gently mix until combined, scraping the sides of the bowl as needed.
- 5 Mix 1 cup of the trail mix into the batter.
- 6 Divide the batter evenly into the muffin pan and then top each muffin with a heaping tablespoon of the remaining trail mix.
- 7 Bake for 16–18 minutes or until golden brown and a poked toothpick comes out clean. Allow to cool for 5 minutes before removing from pan.



For busy mornings, make ahead of time and eat on the go!



Recipe courtesy of The Food Network

## Conversation Starters

- 1 If you were writing a newspaper article about your day today, what would the headline be?
- 2 What's one thing you're proud of from yesterday?

## Just the Facts

Studies have found that adolescents who consistently eat breakfast with their families have better body image.

(Eating Breakfast and Family Meals in Adolescence: The Role of Body Image. 2019. Journal of Social Work and Public Health.)

## Family Fun

### Would You Rather...

One family member reads the two options and the others have to say which one they'd rather choose.

#### Would you rather...

- have a unicorn horn or a squirrel tail
- live in space or under the sea
- go back in time for a day or go into the future for a day
- have hands for feet or feet for hands
- be able to read minds or be able to be invisible

...come up with your own and keep playing!

# Apple Granola Stackers

Makes 2 servings | Total time: 10 minutes

- 2 apples of your choice
- 1 cup peanut butter (crunchy or smooth)
- 1/2 cup granola of your choice
- 1 tablespoon cinnamon & sugar

- 1** Core and cut the apples crosswise. Leave the peel on.
- 2** Spread peanut butter on one side of each apple slice.
- 3** Sprinkle granola and cinnamon sugar over the peanut butter. Use a spoon or utensil to gently press the granola into the peanut butter.
- 4** Stack the apple slices on top of each other, peanut butter side up. Flip the top slice so the peanut butter side is facing down.
- 5** Enjoy right away or wrap tightly in plastic wrap and refrigerate until ready to eat.



For busy mornings, make ahead of time and eat on the go!

Quick & Simple!



Recipe courtesy of Ree Drummond & The Food Network

## Conversation Starters

- 1** What did you dream about last night?
- 2** If you could dream about anything while you are sleeping, what would you want to dream about?
- 3** What are you most looking forward to today?
- 4** How can you be kind to someone today?

## Fun Food Fact

The U.S. is the 3rd largest apple producer in the world! There are more than 27,000 apple farmers that grow more than *11 billion pounds* of apples in the U.S. each year.

(U.S. Apple Association. 2025.)

## Family Activity

### Listen to a Podcast

Start the day with a podcast to get everyone learning, laughing - or both!

With a whopping *3.5 million* podcasts out there, we've provided some ideas to help narrow down the options:

➤ **Elementary School: Brains On!**

A science podcast for kids that explores fascinating questions about the world.

➤ **Middle School: Smologies**

Features experts on topics ranging from toads (bufology) to the moon (selenology).

➤ **High School: Song Exploder**

Famous musicians take apart their songs and tell the story of how they were made.

*None of these sound interesting? Search online to find a podcast that will spark your family's curiosities!*

# Strawberry Banana Breakfast Popsicles

Makes 6 popsicles | Prep time: 10 minutes, Freeze time: 4-6 hours

- 1 large banana
- 1 cup frozen strawberries
- 1 cup Greek yogurt (plain or flavor of your choice)
- 3/4 cup milk
- 2-3 tablespoons of honey (*optional*)
- 1/2 cup cereal of your choice (*optional*)

- 1** Blend all of the ingredients together in a blender until smooth.
- 2** Sprinkle about a tablespoon of cereal into each popsicle mold.
- 3** Pour fruit/yogurt mixture into molds.
- 4** Freeze for 4-6 hours or until solid.



 Don't have a popsicle mold? No worries! Ice cube trays, small disposable cups, or a muffin pan lined with foil cupcake wrappers can be used as substitute. Pour the mixture into the DIY mold, cover with aluminum foil, and stick a wooden popsicle stick through the foil into the popsicle center (the foil will help the stick stay upright).

## Conversation Starters

- 1** What is your favorite breakfast food and why?
- 2** What is one challenge you're facing today and how will you overcome it?
- 3** What is one thing our family can do today to help you feel supported and loved?

## Just the Facts

Teens aged 15-16 who feel close to a parent are half as likely to drink alcohol, smoke, or use marijuana than teens who do not feel close to a parent.

(Teens and Their Parents in the 21st Century: An Examination of Trends in Teen Behavior and the Role of Parental Involvement. 2000. Council of Economic Advisers.)

## Family Activity

### Morning Stretches

Try starting your morning off with a simple stretch routine to reduce stress, boost serotonin, and improve flexibility, posture, and coordination!



#### Forward Fold

Stand with your feet hip-width apart & reach for your toes. Hold for 15-20 seconds.



#### Side Stretch

Stand with feet hip-width apart. Raise one arm overhead & bend sideways, keep the torso straight. Hold for 10 seconds per side.



#### Quad Stretch

Stand on one leg & pull the opposite foot towards your back until you feel a stretch. Hold onto a chair or wall for balance if needed. Hold for 15 seconds per leg.

# Cheesy Sausage Potatoes

Makes 10 servings | Total time: 25 minutes

- 3 pounds of potatoes
- 1/4 cup butter
- 1 pound pork sausage
- 2 cups shredded cheddar cheese
- 1 onion
- Salt

- 1** Prep: preheat oven to 350°, peel potatoes and cut into 1/4-inch slices, chop onion.
- 2** Place potatoes in a large pot, cover with water, add salt. Bring to a boil and then reduce heat and simmer, uncovered, until tender (typically 8-10 minutes).
- 3** While potatoes are simmering, put the onion and sausage in a large skillet. Season with salt and cook over medium heat until meat is no longer pink; drain if necessary.
- 4** Drain potatoes and put them in an ungreased 13x9 inch baking dish.
- 5** Melt the butter and drizzle it over the potatoes.
- 6** Add the sausage mixture in with the potatoes and stir.
- 7** Sprinkle the cheddar cheese over the top.
- 8** Bake at 350° for 5-7 minutes or until cheese is melted.



Recipe courtesy of Taste of Home

## Conversation Starters

- 1** What is one thing you're grateful for and why?
- 2** If you could change anything about school, what would you change?
- 3** What is your favorite book or movie?

## Fun Food Fact

Potatoes were the first vegetable grown in space!

The experiment was conducted in 1995 on the NASA Space Shuttle Columbia.

(Fun Facts About Potatoes. Montana State University.)

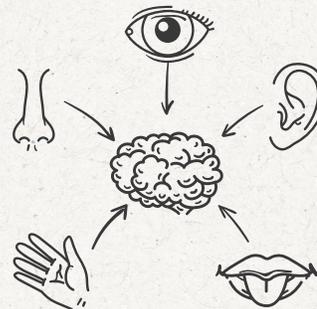
## Family Activity

### The Five Senses

Engaging the five senses – sight, sound, smell, taste, and touch – can help you feel calmer and more centered.

Everyone pauses & takes 20-30 seconds to observe their surroundings. Then, each person names one thing they can:

**SEE, HEAR, SMELL, TASTE, & TOUCH/FEEL.**



# Sausage Pancake Bites

Makes 6-12 servings | Total time: 25 minutes

- 2 cups pancake mix
- 1 cup shredded cheddar cheese
- 12 fully cooked sausage links
- 1/4 cup maple syrup

- 1 Preheat oven to 350°
- 2 Spray a 12 cup muffin pan with nonstick cooking spray or line with paper liners.
- 3 In a bowl, mix pancake mix according to the directions on the box.
- 4 Stir in cheese and syrup.
- 5 Pour mixture into the muffin pan, only filling each muffin about 3/4 of the way full.
- 6 Cut each sausage link into 4 pieces. Gently press sausage pieces evenly into each muffin cup.
- 7 Bake for 15-18 minutes or until a poked toothpick comes out clean.



## Conversation Starters

- 1 What's the first thing you thought about when you woke up this morning?
- 2 What is your favorite kind of weather and why?
- 3 What helps you feel self-confident?
- 4 What makes you feel stressed? How do you handle it?

## Just the Facts

Children and teens who regularly eat meals with their family feel a stronger connection and have better communication with their parents.

*(Family Meals Among Parents: Associations with Nutritional, Social, and Emotional Wellbeing. 2019. Journal of Preventative Medicine.)*

## Family Activity

### Trivia Time!



- 1 Who designed the Idaho State Seal?  
Emma Edwards Green designed the Seal in 1891. It is the only U.S. State Seal designed by a woman.
- 2 What is the State Gem of Idaho?  
Star Garnet.
- 3 What are the three most popular breakfast foods in the U.S.?  
1. Eggs, 2. Sausage, 3. Toast
- 4 What percentage of Americans drink coffee each day?  
73% of American's drank coffee daily in 2024.
- 5 How many chicken eggs are produced in the U.S. each year?  
In 2022, 92.6 billion eggs were produced in the U.S. by 308 million commercial laying hens.

# Scrambled Pancakes

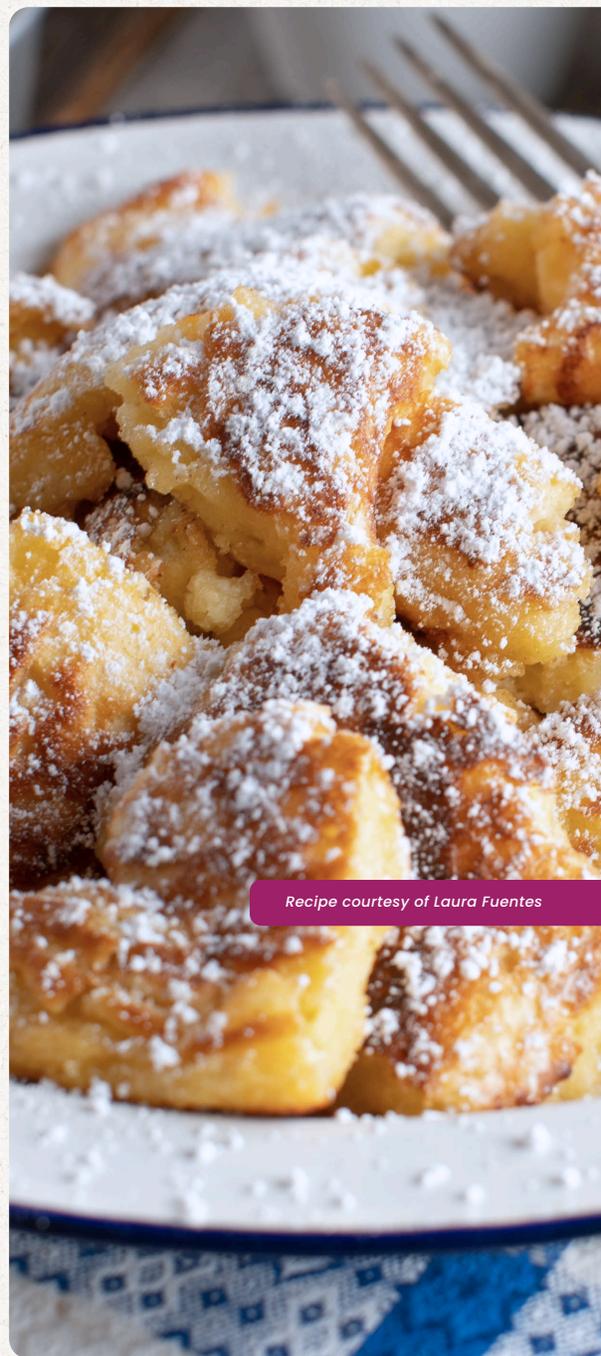
Makes 6 servings | Total time: 20 minutes

- 1 cup all-purpose flour
- 1 cup milk
- 2 eggs
- 2 tablespoons butter
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- Maple syrup
- Powdered sugar (optional)

- 1 In a large bowl, mix the eggs, milk, vanilla, and melted butter.
- 2 In a separate large bowl, mix the flour, baking powder, and sugar. Make a dent/hole in the middle and pour in the wet mixture. Whisk the batter gently to combine.
- 3 Let the batter sit for 5 minutes. This helps hydrate the flour and gives the scramble a better texture.
- 4 Heat a non-stick pan over medium-high heat. Grease with cooking spray, oil, or melted butter.
- 5 Pour ½-1 cup of pancake batter into the greased pan. How much you can fit will depend on the size of the pan you use. Let the pancake sit and cook for 30 seconds to 1 minute until a light crust begins to form.
- 6 Use a spatula to gently lift the pancake & fold it over, like a quesadilla. Once folded over, use the spatula to break up the

pancake into large and small pieces, letting the uncooked batter ooze out and cook, while flipping it around until the pancake scramble cooks through. Repeat this process with the remaining batter.

- 7 Keep the scrambled pancakes warm while you cook the remaining batter. Serve warm with dusted powdered sugar on top, dipped in maple syrup, jam, or apple sauce.



Recipe courtesy of Laura Fuentes

## Conversation Starters

- 1 Do you like sweet or salty snacks better?
- 2 If you have to use colors to describe your feelings, what color do you feel like today?

## Fun Food Fact

Scrambled pancakes are also called *Kaiserschmarrn*, which translates to “Emperor’s Mess” in German.

Kaiserschmarrn is a popular traditional Austrian dessert that’s often cooked and served with raisins.

## Family Activity

### Read Together

Here are some pancake-themed book recs:

#### Elementary Age

- *If You Give A Pig A Pancake* by Laura Numeroff
- *Bunny Cakes* by Rosemary Wells
- *Mr. Wolf’s Pancakes* by Jan Fearnley

#### Middle-High School Age

- *A Wizard’s Guide to Defensive Baking* by T. Kingfisher