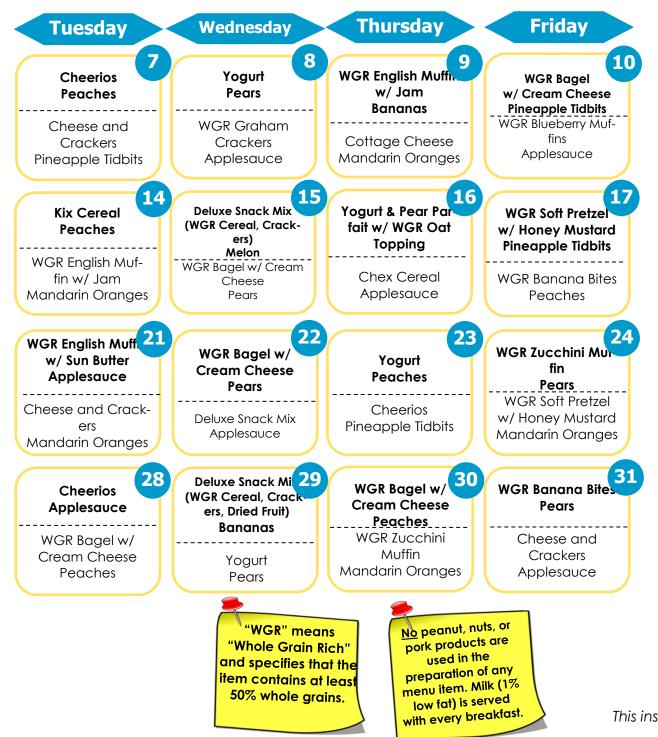
January 2025 EHS 1-3 Breakfast and Snack Menu



EDMONDS COLLEGE HEAD START, EARLY HEAD START, AND ECEAP



Kitchen Helpers!

The best way to teach your child about healthy eating is to cook and eat together!

Bring your small child into the kitchen with you. Remember: safety first! Keep young children way from hot stoves, sharp knives and electric appliances.

Children who help choose, wash and cook new foods are more likely to try them. Don't forget to praise your child often and tell him how proud you are of his hard work! Have fun!!!

Let Your Child Help You:

Wash fruits and
vegetables!Tear lettuce into
small pieces for
a salad!Mash potatoes,
squash, or root
vegetables!Tear lettuce into
small pieces for
a salad!Peel fruits
and hard
boiled eggs!Stir batter in
a bow!

This institution is an equal opportunity provider.