



Meal Challenge

Wake Up With Overnight Oats

Save time in the morning and make breakfast the night before! It's a meal on the go for the most important meal of the day. Overnight oats can be as simple or as complicated as you'd like. Either way, they'll keep your taste buds dancing, and you'll be full all morning.

Food Dare

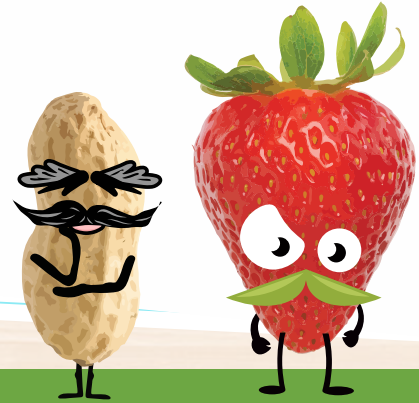
This could be a faux pas in the breakfast world, but bear with us. Think zucchini bread, but overnight oat style... hide a veggie in your brekky!



Share Your Family Meal Photos
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Suggestions

We all know everyone loves those breakfast go-to's, like peanut butter or bananas. But what about jam, yogurt, or nuts? Honey? Chocolate? The possibilities are endless.



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Table Talks

- 1 If you had to write a book, what would you write about?
- 2 What do you think is your greatest talent or ability?
- 3 Talk about two things you were thankful for today.

Mealtime Trivia

Q: What year did the BSU Football field get its blue turf?

A: 1986

Q: Which national forest has theropod dinosaur fossils?

A: Caribou-Targhee

Q: What type of animal was relocated in 1948 by being parachuted into the Frank Church Wilderness Area?

A: Beaver

Funky Food Fact

Add oatmeal to your bath to soothe dry skin. We don't suggest adding your overnight oats to the bath, though.