March 5-9 ~ National School Breakfast Week

You’ve heard it before, but it really is true—breakfast is the most important meal of the day! Eating breakfast can help improve children’s behavior, concentration, attitude and school performance, as well as encourage a healthy weight. A good breakfast means a happy, alert child. Breakfast is important for adults, too. Being a good role model for your children by showing them that you eat breakfast each morning can lead to great results for the entire family!

No Time for Breakfast?

- Make a breakfast menu for the entire week so you know what to have each day.
- Get ready the night before by setting out spoons, bowls and glasses for cereal and juice.
- Slice some fruit or reduced-fat cheese the night before.
- Make sure you and the kids get up on time.
- Lay out clothes the night before so extra time isn’t needed for dressing.
- Set a timer for tasks in the morning so there is time to eat.
- Pack up books and homework the night before.
- Share breakfast duties among family members.
- Pack breakfast to eat in the car. Try a whole grain English muffin with nut butter or a bagel with melted cheese and a 100 percent fruit juice box to wash it down.

Don’t like breakfast foods?

Breakfast can be any food (preferably healthy food) you like. Your body doesn’t care what time of day it is—it just needs food for energy. Try these quick and easy “unbreakfasts:”

- Peanut butter and banana sandwich on whole grain bread,
- Sliced turkey with lettuce and reduced-fat cheese rolled in a tortilla,
- Yogurt parfait with yogurt, fresh or canned fruit and low-fat granola,
- Leftover taco meat over brown rice,
- A bowl of vegetable soup,
- A slice of veggie pizza with orange juice
- A plate of leftover spaghetti.

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Think breakfast will cause weight gain?
- There is no evidence to support the belief that eating breakfast will cause weight gain. In fact, people who regularly skip breakfast will eat more high-calorie snacks and eat more at other meals.

Not hungry in the morning?
- You don’t have to eat a lot. Try a glass of juice and a slice of whole grain toast or yogurt with some sliced strawberries.

Wondering what to eat?
- Start with protein. Try one or two eggs, lean meat like sliced low-fat ham or turkey, or a tablespoon of peanut butter. Dairy products also supply protein. Try a glass of 1% milk, reduced-fat cheese or yogurt!
- Add in some great whole grains for long-lasting energy. Try whole wheat bread, whole grain frozen waffles or pancakes, a bran muffin or whole grain crackers.
- Top it all off with fruit and/or vegetables. Go with fresh, canned or frozen fruit and vegetables. Whole is better than juice, but go for 100% fruit or vegetable juice when in a rush.

Always try to include at least three of the five food groups in your breakfast. Try any of these breakfast treats:
- Whole grain cereal with fresh blueberries and 1% milk,
- Scrambled eggs with chopped vegetables and reduced-fat cheese,
- Celery with peanut butter and raisins.

For more information, contact Susan Lednicky at 702-257-5548 or email lednickys@unce.unr.edu.

Gardening in Small Places—What went wrong?
Join Cooperative Extension on Saturday, March 24, for a workshop on Gardening in Small Places—What Went Wrong? (and how to treat it organically) from 8 a.m. to noon. The class, taught by Dr. Angela O’Callaghan, is designed to show you how to make the most of your small space. Topics such as Who’s eating my plants?; Why do those leaves look the way they do?; Why can’t I get tomatoes?; Those little flies!; and more will be addressed. Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a $25 fee which includes class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123, I-215 & Windmill Lane), contact Elaine Fagin at fagine@unce.unr.edu or call 702-257-5573.
Do you want to become a Nevada Naturalist?

Cooperative Extension is looking for interested adults to participate. The Nevada Naturalist program educates and trains adults interested in learning about the natural resources in southern Nevada. Participants study natural resources, environmental education and interpretation, laws and regulations, and environmental issues.

The focus of the program is to give a broad understanding of nature to participants interested in learning, volunteering, teaching and participating in conservation projects and issues. The program will also give participants the skills and confidence necessary to make a difference for environmental stewardship and conservation in southern Nevada.

The Nevada Naturalist program offers two semesters of instruction. Topics include: ecology, regional plants and animals, archaeology, invasive species, geology and soils, environmental laws, taxonomy, biological diversity and more. Classes are held in the spring and fall in a variety of settings including classrooms, museums and in the field. Additionally, students complete a project intended to increase their capacity and knowledge about specific issues that interest them. Participants receive a certificate following the completion of the course and their projects.

The program is open to individuals of all backgrounds. The spring semester begins April 2, 2012 and continues through June 2, 2012, Monday and Wednesday evenings from 6:00 – 9:00 pm and on Saturdays at various times and locations. The cost is $125 per semester which includes all program materials, refreshments and some field trips. For more information on this program, or to register, please contact Denise Parsons at 702-948-5906 or email parsonsd@unce.unr.edu.

The Nevada Naturalist Program is sponsored and coordinated by Cooperative Extension. The program capitalizes on the incredible expertise of individuals and organizations in southern Nevada who are partners and participating instructors.
For more information on University of Nevada Cooperative Extension Southern Area programming, please call 702-222-3130 or visit the website at www.unce.unr.edu/areas/southern.

Each month, Cooperative Extension offers classes throughout the community. To view the listing of these classes, log on to: www.unce.unr.edu/areas/southern.

If you have a question regarding a class listing, please do not hesitate to call (702) 222-3130. Thank you.

Upcoming Events

Rose Society Meeting, March 22--Growing Roses in Containers. 702-257-5555

Gardening in Small Places-What Went Wrong? (and how to treat it organically) workshop, March 24. 702-257-5573

LifeStories Nevada, each Friday (March 2-23), Barbara Greenspun WomensCare Center. 702-940-5423

Nevada Naturalist spring semester begins April 2, 2012. 702-948-5906

Also, visit www.unce.unr.edu/areas/southern for the extended class schedule of events or www.unce.unr.edu/blogs/southernarea for event details.

4-H Camp at Lake Tahoe ~ July 29-August 4, 2012
Registration is underway!

$300 includes $75 non-refundable deposit for campers registered before Feb. 25, 2012
$325 includes $75 non-refundable deposit for campers registered before April 25, 2012
$350 includes $75 non-refundable deposit for campers registered before June 25, 2012

Registration fee includes lodging, transportation, meals and activities. 4-H Camp is open to all youth ages 9-15 from any area of NV. 4-H membership is not required.
INFO: Mary Regan, 702-257-5524 reganm@unce.unr.edu

University of Nevada Cooperative Extension Southern Area has offices and offers programming in Clark, Lincoln and Southern Nye counties. Office locations and phone numbers are:

Caliente 775-726-3109  
360 Lincoln Street  
P.O. Box 728, 89008

Logandale 702-397-2604  
1897 N. Moapa Valley Blvd.  
P.O. Box 126, 89021

Las Vegas 702-222-3130  
8050 Paradise Road, 89123

Pahrump 775-727-5532  
1651 E. Calvada Blvd., 89048

Laughlin 702-299-1333/1334  
55 Civic Way, 89029