## **Delta-Schoolcraft Great Start Family Coalition Newsletter**



# April 2025

### **Great Start Family Coalition**

The Great Start Family Coalition (GSFC) is a team of parents and caregivers working to improve early childhood outcomes in our area. The GSFC supports the Great Start Collaborative by educating the community about the importance of a child's early years and ways to help kids thrive. We want all kids to get a great start in school and life! We invite you to our monthly meetings where we learn, support, and have fun together. Contact Laurie Mold or Monica Powell to RSVP or for more information about how you can get involved.

4/14 **Delta 'Parent Cafe' Meeting 6 PM** at New Life Church, Escanaba

4/16 Schoolcraft Meeting 5:30 PM at Lake Effect Community Arts Center, Manistique

4/26 Children's Fun Fest 10am at the Northern lights YMCA



### **Story Times**

Manistique School & Public Library 4/11 at 10am Manistique Senior Center 4/16 Great Start Storytime at 10am

> **Delta Animal Shelter 4/5** at 10:30am

Escanaba Public Library
4/16 United Way Family Fun Night 5:30pm
4/19 Great Start Storytime 10:30am

# DELTA-SCHOOLCRAFT FAMILY COALITION HIGHLIGHTS

March highlights include Schoolcraft's Fun Fest: Read & Play Event at First Baptist Church. Families enjoyed hands-on games, activities, and giveaways with 14 local agencies serving families with young children. Plus, the Great Start Collaborative provided free pizza and books! Thanks to all who came out to exhibit and participate. The Schoolcraft Family Coalition plans to make this an annual event similar to Delta County's Children's Fun Fest: Bloom and Grow which will be held this year on Saturday, April 26<sup>th</sup> from 10am-1pm at the Northern Lights YMCA.

Storytimes were a blast this month with 75+ in attendance at both our Great Start Storytime and Family Fun Night Partnership with Y.E.S. at the Escanaba Public Library. We are thrilled by the growing numbers. Our parent members have been planning these opportunities and facilitating monthly Saturday Storytimes as part of our parent-led strategies. While Schoolcraft is hosting inter-generational storytimes at the Manistitque Senior Center. Our parent-led strategies are ways our Coalitions have chosen to help support the work of the Great Start Collaborative in each community.

Our meetings this past month included a Carnival theme in Schoolcraft where families visited fun carnival-themed stations and activities. This month their meeting on 4/16 will be a Spring Egg-stravaganza with egg decorating, a small egg hunt for the kids, and photos with the Easter Bunny. Delta's March meeting featured members learning chair yoga and meditation techniques to help reduce stress. They will host another Strong Roots Parent Cafe on 4/14 about enjoying time with children. All families are welcome to attend our monthly meetings. Please RSVP to Laurie or Monica if you would like to attend either meeting to help them plan for food and childcare which are provided for free. Hope to see you there as spring brings even more fun and learning opportunities for kids. We need you to help build our village of support for families..



Carnival Night at the Schoolcraft County Family Coalition Meeting.



Delta Family Coalition members leading storytime fun and building community at the Escanaba Public Library!



#### Contact Us:



### **April 2025 Community Events**



3/31 through 4/4/25 YMCA Spring Break Camp 7:30am-5:30pm at the Wells Center. Kids grades K-5 enjoy activities, arts, crafts, and games. Please bring lunch, outdoor wear, and snacks. \$185 members /\$210 non-members. www.nlymca.com

4/1 through 4/30/25 **Parent Tot Playtime** 9am to noon Monday through Friday at the Northern Lights YMCA. Playtime is open and FREE to ALL families with kids 5 and under looking to socialize and play! Call 906-789-0005 to reserve a time or for more info.

4/1/25 Kids P.A.C.K: (Positive-Active-Compassionate-Kind) 4:30pm-6pm at the Delta Animal Shelter. An educational club for children ages 6-8 years. Includes activities, games, crafts, guest speakers, animal education, making treats/toys, and animal interaction. Meets the first Tuesday of the month. Please call the shelter for more information. 906-789-0230.

4/2 & 5/17/25 Safe Sitter Essentials 11:30am to 5pm at the YMCA Delta Center 2000 North 30th Street, Escanaba. Prepares students in grades 6-8 to be safe when home alone, watching younger siblings, or babysitting-minimum age 11. Space is limited to the first 8 registered. \$85 members/\$125 non members. nlymca.com

4/3/25 through 4/24/25 Rapid River Area Playgroup 9:30am on Thursdays. Location varies. Follow them on Facebook for details and to be aware of cancellations due to weather or sickness. You may also contact Amanda Nietling at 906-420-4572 for more info.

4/4 through 4/6/25 Kiwanis Home & Garden Show Friday 5-8pm, Saturday 9am-7pm and Sunday 9am-2pm at the Ruth Butler Building at UP Fairgrounds. Home and Garden related vendors. Free entry! Pancake prices \$9 ages 13+, \$6 kids 6-12, 5 and under eat free. Visit escanabakiwanis.org for the full schedule.

4/5 & 4/6/25 Michigan Maple Weekend 10am-4pm at the MSU Forestry Innovation Center 6005 J Rd., Escanaba. A free family-friendly event featuring guided tours of the sugarhouse facility & sugarbush with maple experts. (in & outdoors-dress accordingly). Babaloon's food truck on site. Maple products for purchase.

4/5/25 **Happy Tails Storytime** 10:30 am-11:15 am on the 1st Saturday of the month for ages 3-6 years. Enjoy animal-related stories, crafts and meet animal guests. It is free. They ask participants to bring an item from the shelter's wish list to help the animals. www.deltaanimal.org

4/5 through 5/18/25 Free Family Winter Movie Series at 2pm and 4pm on Saturdays and Sundays through May at Thomas Movie Theaters (Willow Creek Theater in Escanaba). Apr. 5th /6th Migration, 12th/13th Hop, 26th-27th The Secret Life of Pets 2, May 3rd/4<sup>th</sup>. All ages FREE!!

4/5/25 Kiwanis Family Night 4pm-7pm in the Ruth Butler Building. Kids are invited to this free special event with games, activities, free snacks for kids, a DJ, swing dancing, art, kid's talent show, wagon rides, and more!!

4/9/25 Escanaba Public Library Bookmobile 12pm-1pm at the Bark River Senior Center. The Bookmobile will be at the Bark River Senior Center on the second Wednesday of each month from 12 pm-1 pm. An Escanaba Public Library card is required for checkout. Onsite registration is available with I.D. For more information, call 906-789-7323 or email jlynch@escanabalibrary.org

4/10/25 Growing Families Group Connections 9am-11am at the New Life Community Center, 2005 8th Ave South, Escanaba. Join Tiffany from Great Start's Growing Families Home Visiting Program for indoor fun in the Playzone. Free and open to all children 5 and under. (Mats and toys provided for the littlest guests.) Socks are required to use the Playzone. RSVP required - Space is limited. Please text or call Tiffany at 906-241-

4/11/25 Child Find Developmental Screenings A FREE and confidential service provided at the Delta-Schoolcraft ISD (DSISD). Screenings for children from birth to age 5 to identify children needing early intervention and/or special education services as early as possible. Call (906) 786-9300 ext. 201 with questions and to schedule an appointment.

4/12/25 RRN Giant Garage Sale 9am-3pm at the Ruth Butler Building. Over 100 garage sales under one roof! \$2 entry, children 12 and under are free.

4/12 & 4/26/25 Family Soccer Clinic 9am-noon at the NLYMCA Multipurpose Room & on the Soccer Fields. The whole family is welcome to join in an engaging, fun-filled time designed to help both parent and child to learn more about and get more involved in the game. \$30 per family/includes bother sessions. register at nlymca.com

4/12/25 Storytime with the Delta Regional Child Advocacy Center 10:30am in the Escanaba Public Library Children's Room. Children will learn about personal safety, make a superhero shield, and meet community helpers. There will be special K9 guests Vera and Rexy, too! Parents can take home a "Keeping My Child Safe" kit. escanabalibrary.org

4/12/25 New Life Easter Egg Hunt 11am-2pm at new Life Church, 2005 8th Ave S., Escanaba. A free family Easter Egg Hunt for kids ages 2 years- 5th Grade with prizes and lots of Candy! There are 2 time slots available: 11:00 am or 1:00 pm. Choose a time and hop on by.

4/12/25 **Escanaba Library Lego Club** 1pm at Escanaba Public Library. Bring one container of Legos per child in attendance. Be entered into a prize drawing. The theme is 'Cute Animals'.

4/12/25 Hermansville Easter Egg Hunt 3pm at the William Anderson Sportmans Club Inc. W5616 First Street, Hermansville. Free and open to the public.

4/13/25 Hip Hop Dive Aqua Easter Egg Hunt 3:15-6pm at the Northern Lights YMCA. Space is limited. Swim and collect eggs during your scheduled time slot, then dry off for prizes, Easter crafts and photos with the Easter Bunny! Children under 9 must be accompanied in the water. \$7 for members, \$12 general public. Call 906-789-0005 to register or for more information.

4/14/25 Great Start Family Coalition: Parent Cafe 6pm-7:30pm at New Life Church Community Room. This month we invite you to join us for a Parent Cafe where we will reflect on ways we connect and enjoy being with our children. FREE dinner and childcare are provided in the Playzone. Free to all parents and caregivers. Just RSVP to Laurie at 419-320-5542 with the number of adults and children attending.

#### ...Delta Continued from page 2

4/14/25 **The Knockabouts** 7pm-8:30pm at the bay College Besse Theater. An evening of Celtic music spanning many political boundaries and periods of time. \$7 K-Bay students, \$15 general public. baycollege.edu

4/16/25 **Feed America Mobile Food Pantry** 10am at the Salvation Army 3001 5th Ave. S., Escanaba.

4/16/25 **Family Fun Night: Everything Changes** 4:30pm at the Escanaba Public Library. United Way of Delta County hosts a storytime about changes and feelings that come with them! Kids 0-8 will enjoy stories, activities, snack, and a free book! No registration is required.

4/19/25 **Great Start Storytime: Rain & Rainbows** 10:30am at the Escanaba Public Library. The Great Start Family Coalition presents a free storytime for ages 0-8 years old. There will be stories, movement activities, and social time! Each child will get a new book. FREE No registration is required. Contact lmold@dsisd.net for more info.

4/19/25 **Easter Egg Hunt** 2pm-4pm at Bay bannk Escanaba 200 N lincoln Rd, Escanaba. Ages 1-2 start at 2pm, ages 3-4 starts at 2:30pm, ages 5-6 start at 3pm, ages 7-10 start at 3:30pm. Take your picture with the Easter Bunny. Food truck on site: Wicked Mike's BBO.

4/19/25 **Free Entrance Day in the National Parks** The fee-free days provide a great opportunity to visit a new place or an old favorite, especially one of the national parks that normally charge an entrance fee. The entrance fee waiver for fee-free days does not cover amenity or user fees for activities such as camping, boat launches, transportation, or special tours.

4/22/25 **Baby Cafe** 4pm-6pm at Pregnancy Services of Delta Co. A free drop-in support and information group for all expecting and breastfeeding mothers and their babies. Contact 906-786-7474 or with any questions.

4/24/25 **Parents Like Me Support Group** 7pm-8:30pm at the Escanaba Early Childhood Center 1905 S. 21st St. For parents raising children with special needs. Snacks and beverages provided. No childcare. Contact Carrie at 906-786-7080 EXT 163 to RSVP.

4/25/25 **Spaghetti Dinner Fundraiser** 5:30-7:30pm at Gladstone High School Commons. Includes spaghetti with salad, garlic bread & dessert. Adults \$5, Children under 12 eat FREE! Public is welcome. There will be basket raffles, 50/50 Drawing, and big prizes. All proceeds benefit the Cameron PTO, students, staff, and community.

4/26/25 **Bloom & Grow: Fun Fest 2025** 10am-1pm at the Northern Lights YMCA, 2000 N 30th St. FREE event for kids 0-8 years old. Children must be accompanied by an adult! Free books, games, and activities! Concessions will be available at family-friendly prices! Call 419-320-5542 or email lmold@dsisd.net with any questions.

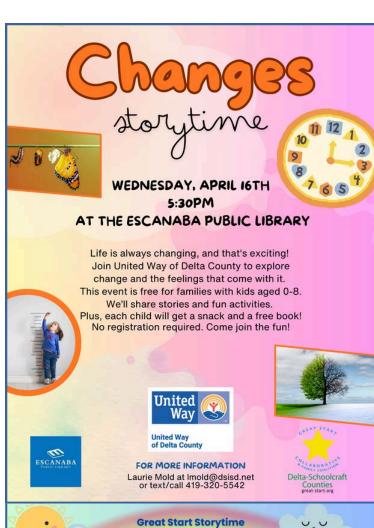
4/26 through 5/31/24 **YMCA Youth Indoor Soccer** at Hannahville Ice & Turf Complex in Wells. Meets Saturdays. Kindergarten aged 9:45 – 10:30am, Grade 1-3 years 9:45-10:30am, and grades 4-6 10:45-11:45am. Children learn basic soccer skills like dribbling, passing, and shooting through fun drills and games using age-appropriate equipment. Teaches concepts of team play and basic strategy. \$55 members /\$110 nonmembers Space os limited. Register early! www.nlymca.com

#### Your input is needed!



The Escanaba Public Library would like to offer a weekly Toddler Stay and Play program, a drop-in, unstructured time for play and socialization. They need your help to plan by giving your feedback at https://bit.ly/eplstayplay or by scanning the QR Code.









Thursday, April 10th 9am-11am

Where

New Life Community Center 2007 8th Avenue Escanaba, Michigan



A playtime hosted by Growing Families Home Visiting program open to ALL children 5 and under with a caregiver.

Babies, too! We have playmats and toys for our littlest guests.

The children's zone comprises a fully equipped, enclosed children's play area with seating and a restroom.



RSVP is Required, at least one day before each event. Text Tiffany at 906-241-9020 with your name and age of the children attending.. SOCKS are Required.





4/1/25 through 4/29/25 **Good News Club** 3:30pm at Manistique Bible Church. Free after-school program for all kids where the Bible is taught is a full day of school. For more info contact Jean at 906-286-1610

4/2/25 Feed America Mobile Food Pantry 10am at Schoolcraft Memorial Hospital 7870 West US-2. Manistique.

4/4.4/11.4/18 &4/25 Elks Fish Frv 4:30pm-7:30 Every Friday night Fish Fry. Take Out, Curbside Pick Up or Indoor Dining Available. All entrees \$18.00. Call 906-341-2536 with any questions. 213 Walnut St. Manistique

4/4,4/11, 4/18, & 4/25 Friday Fish Fry 5pm - 8pm Public Welcome! Take out or inside Dining. Manistique Moose Lodge, M-149, Manistique.

4/5/25 Through 4/26/25 **Mueller Township Farmers Market** every Saturday from 10am-noon at the Old Green School. 1805 Quarry Rd, Gulliver. Something for everyone! Produce, baked goods, sweets, and craft items.

4/5/25 Eva Burrell Animal Shelter Tea & Trinkets 1pm-3pm Join us for a special afternoon of refreshments and appetizers while you browse our selection of jewelry and purses. Tickets are \$10 and available to purchase at Eva Burrell Animal Shelter, Nicolet Bank, State Savings Bank, and Putvin Health Mart. 101 Main Street, Manistique.

4/7, 4/14, 4/21 & 4/28 **Food and Clothing Pantry** 11am-1pm at the Christ Fellowship Church in Germfask. Weekly on Mondays. Free food and clothing for families in need. Closed on holidays. Contact Pastor Diana at 906-286-0591 for more information.

4/7/25 through 4/28/25 **Good News Club** 3:30pm at Garden Christian Fellowship Church. Free after-school program for all kids where the Bible is taught with songs, stories, and games. The club is held every Monday there is a full day of school. Garden Christian Fellowship Church, Garden, MI. Call Yvonne for more info at 906-286-3833

4/8/25 Taco Tuesday 11:00am - 4:00pm VFW Hall, N Maple St. Manistique. Public Welcome. Tacos Hard or Soft Shell - \$3 each or 2 for \$5. Chicken Quesadilla - \$8. Taco Salad - \$8. Nachos - \$6

4/9/25 & 4/10/25 First United Methodist Church Pasty Sale 10:30am-1pm. \$5 a piece. Supplies are limited and customers are advised to place their pre-orders early. Call 906-341-6662 for more information or to order. 190 N Cedar St, Manistique, MI.

4/9/25 **Delta-Schoolcraft Great Start Little Explorers** 1pm-2pm at First Baptist Church, 319 Walnut St Manistique. A time for kids 0-5 years old with adult supervision to play and explore. No Reservation is required. For more information contact Monica Powell at 574-274-1949 or mpowell@dsisd.net

4/10/25 & 4/24/25 **Please Touch & Play** 10:30am-11:30am an early childhood arts exploration and playgroup. Lake Effect Community Arts Center. 244 S Cedar St Manistique.

4/10/25 Literacy Night and Book Fair 5:30pm-7:00pm Join us for this public event. There will be games, crafts, a book walk and a Book Fair with Ignatius Press. St. Francis de Sales School 210 Lake St Manistique.

4/10/25 Lego Building Session 3:30pm-4:30pm Manistique School & Public Library 100 N Cedar St Manistique. Calling all K-8 youth in our with songs, stories, and games. The club is held every Tuesday and there community. Join us for a free Lego-building session! Kindergarteners are asked to bring an adult to work with them. Reserve your spot at https://v2.4honline.com Contact Jill at 906-286-3327 for any questions.

> 4/11/25 Manistique School & Public Library Story Time 10am-11am Children 5 and under, with adult supervision are invited for story time fun! We will share a story, activities and a snack. 100 N Cedar St.

4/11/25 Easter Bunny Photos 3pm-5pm Jennifer Lampin Photography will be taking easter bunny photos at Express Rx. Photo packages are \$15 and up, does not include taxes or shipping. Everything is done online, no cash sales. No purchase is necessary to see the bunny. You can also enter to win an easter basket! 231 Deer St. Manistique MI. Contact jenniferlampinphotography@gmail.com for more information.

4/12/25 Community Baby Shower 1pm-3pm RXKids Event that will include photo opportunities for moms and babies, giveaways, crafts for kids, car seat check vouchers, treats, and more! Lake Effect Community Arts Center 244 S. Cedar St. Manistique MI

4/12/25 23rd Annual Yooper Hooper Basketball Tournament 8:00am start time. Age groups 10 and under, 11-12,13-14, 15-16,17-18,19-25, 26-35 and 36+. All teams are guaranteed two games. Free T-shirt for all participants. Registration is \$100/team. 100 N Cedar St Manistique M

4/13/25 Easter Egg Hunt 1:00pm A Family Event! Come join us in the Courtyard for our Annual Easter Egg Hunt. Schoolcraft Medical Care Facility, 520 Main St, Manistique, MI.

4/16/25 Delta-Schoolcraft Great Start Family Coalition Meeting 5:30pm-7:00pm Hop into Spring at Lake Effect Community Arts Center. Bring the whole family for a Spring Egg-stravaganza! We will have egg decorating, a small egg hunt for the kids, and photos with the Easter Bunny Free Dinner and Childcare will be provided. Please RSVP to Monica Powell at 574-274-1949 or mpowell@dsisd.net with the ages and number of children attending.

4/16/25 Delta-Schoolcraft Great Start Springtime Bunnies Storytime 10am-11:00am Join us at the Manistique Senior Center to read stories about Springtime and bunnies! We will have a fun craft, and a snack. all are welcome! 101 Main Street, Manistique.

4/19/25 Community Easter Egg Hunt 12:30pm Come join us for an Easter Egg hunt in the park. Egg hunter registration in the upper level of the ECA building from 12:30pm-12:50pm. Egg Hunt will begin with kids 0-3 at 1:00pm. Prizes for everyone! Have your picture taken with the easter bunny. All kids must be accompanied by an adult. Call the ECA office for questions at 906-586-9974. N9224 Saw-Wa-Quato Curtis MI.

4/19/25 Family Earth Day Event 2pm-4pm Please join us for our free annual Earth Day Celebration! Schoolcraft Conservation District is bringing a fun surprise activity. There will also be crafts, origami newspaper hats, and more! Lake Effect Community Arts Center 244 S. Cedar St. Manistique MI

4/24/25 Backpack Buddies Food Distribution 2:30pm-4:30pm in the parking lot of Zion Lutheran Church in Manistique. If you need to pick up food on an alternate date, please call the church at 906-341-5427 and leave a message with your name and number.



4/26/25 **Kiwanis Mom Prom** 6pm-10pm Ladies Night Out! Breakout those old bridesmaid dresses, gala dresses, wedding dresses, and prom dresses! This is 21+ event. It is at Wheaty's Pub. \$50.00 per ticket. Food, cash bar, dancing, raffles and games. Tickets can be purchased at Wheaty's Pub or Putvin's Drug store. 204 S Cedar St, Manistique, MI

4/27/25 **Arts& Crafts Market** 12pm-5pm Browse handcrafted jewelry, ceramics, prints, textiles and more. Flatiron Brewing 375 Traders Point Dr Manistique MI.

4/27/25 **St. Francis De Sales Carnival** 10:30am-3:00pm Cash raffle, 50/50, mini raffles, food, face painting, games, prizes and more! \$1 admission fun for all ages! 210 Lake St. Manistique Mi









### Free Online Parenting Classes

**Early Childhood Online Extension Extra Parenting Hour**A free online series of parenting workshops that guide parents of young children as they navigate the challenges, joys, and concerns of parenting. They run **Tuesdays** from **8pm-9:30pm**.

- 4/1/25: The Birds and the Bees: Talking to Kids about Sex
- 4/8/25: The ABCs of Early Literacy
- 4/15/25: Mathematics for Infants and Toddlers
- 4/22/25: Screen Time for Young Children
- 4/29/25: Positive Discipline

#### **Kinship Caregivers**

- 4/9/25 Introduction to Hope 7pm to 8:30pm
- 4/18/25 Relax: Alternatives to Anger for Parents and Caregivers 11:30am-1:00pm

#### **Class Series**

4/1-4/29 Online Guiding Principles for Highly Successful Parenting Guiding Principles is a FREE online course for parents of toddlers to teens to learn strategies for helping children, parents and families be successful.11:30am-1:00pm

4/3-5/8 **Online Parent Talk System.** The Parent Talk System is a course for caregivers of toddlers to teens to improve communication and provide strategies for raising confident, caring, responsible children. Offered at no cost. 7:30pm-9:00pm

#### Free Online Self-Paced Classes

These classes can be completed at your own pace.

**Positive Discipline**: Adults learn how to create appropriate environments and experiences that help young children learn self-control.

**Infant Safety "Sleeping, Crying, Driving."** A three-part course covering infant safe sleep, how to handle extended infant crying and guidelines for transporting your child safely.

#### MI Parenting Resource

This program supports caregivers in strengthening their parentchild relationships and enhancing positive child behaviors.





#### **FREE Special Education Webinars for Families**

Visit www.michiganallianeforfamilies.org for registration & more special education information

4/7 Transition: What You Need To Know 9:30am-11:30am

4/8 Assistive Technology: More than Checking a Box 12pm-1:00pm

4/14 Transition Beyond IDEA 9:30am-11:00am

4/15 Intro to Augmentative & Alternative Communication &

Resources 12:00pm-1:00pm

4/16 **IFSP: A Closer Look** 12:00pm-1:30pm

4/17 FAPE in the LRE 12:00pm-1:30pm

4/21 Positive Behavioral Interventions and Supports 4pm-5:30pm

4/22 Supporting Augmentative & Alternative Communication at

Home 12:00pm-1:00PM

4/23 IEP: A Closer Look 12:00pm-1:30PM

#### Series

4/17 **Building Parent Leadership in Early Childhood** a 4-week series for parents with young children. Thursdays from 9:30am-10:30am.

4/25& 5/2 **Behavior is Communication** (two-part webinar) from 1:00pm-2:30pm.



## **Tips with Tosha**

### Alternatives to Egg-spensive Easter Eggs

Easter Eggs are expensive this year! Why not save your money and try something new? Try coloring fake eggs! You can find these at Walmart for \$1.98 a dozen! Other fun alternatives are using painted rocks instead of eggs; Paper mache eggs made from water, tissue paper, and mod podge or tie-dying marshmallows with food coloring and water.

Or skip the egg coloring altogether and grab some dollar-store Easter crafts and make a bunny or a chick together! Don't want to run to the dollar store?! Use what you have at home and get crafty! All you need to make a bunny at home is a paper plate, colored paper, glue, and markers. Be creative. It's ok to change up traditions a little. It doesn't matter as much what you make as your time together.











~Tosha Mason is a Public Health Delta & Menominee Counties W.I.C. Employee, Delta-Schoolcraft Great Start Family Coalition member, and mother of five beautiful children.





### Microwave Denver Scramble Slider



#### Ingredients

- 2 tablespoons red or green bell peppers (chopped)
- 1 tablespoon onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 tablespoon water
- 1 slider-sized bun or whole wheat English muffin (split and toasted)

#### **Directions**

- 1. Place peppers and onions in 8 ounce ramekin or custard cup, or in a small bowl
- 2. Microwave on high 30 seconds; stir. Add egg, ham, and water, beat until egg is blended. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
- 3. Serve in bun.

### Pro tips:

- Don't overcook. Scrambled eggs will continue to cook and firm up after removed from microwave.
- Microwave ovens vary. Cook time may need to be adjusted.
- You can add some shredded cheese or other favorite omelet ingredients on hand, and alternatively serve on a biscuit, croissant or toast.



